



## ENLIGHTENED MINDS

# Enlightened Minds: Neurodivergent Self-Reflection Worksheet

### **How to Use This Worksheet**

This worksheet is designed to help neurodivergent individuals explore their strengths, challenges, and needs. You can use it as a personal reflection tool or share insights with a therapist, coach, or mentor for additional support.

**Enlightened Minds believes in empowering neurodivergent individuals with self-awareness and tools to thrive.** Download, print, or fill out this worksheet digitally to start your journey today!

## Understanding Yourself

1. What are my biggest strengths as a neurodivergent individual?
2. In what types of environments do I feel the most comfortable and productive?
3. What activities or tasks do I naturally excel at?
4. How do I process emotions, and what helps me regulate them best?
5. How do I prefer to communicate—verbally, in writing, or through actions?

## ☀️ Identifying Challenges & Needs

6. What situations or tasks do I find most challenging, and why?
7. Are there certain social settings that feel overwhelming or draining for me?
8. What sensory experiences (lights, sounds, textures) do I find uncomfortable or triggering?
9. What strategies have I used in the past to help with focus, organisation, or emotional regulation?
10. How do I best manage stress or anxiety?

## 🔧 Building Support & Strategies

11. What accommodations or tools help me navigate daily life more effectively?
12. How can I communicate my needs more clearly to those around me?
13. Are there routines or habits that improve my focus, productivity, or well-being?
14. What self-care practices help me feel balanced and energised?
15. How can I advocate for myself in professional or academic settings?

## 📝 Exercises for Self-Discovery & Growth

✓ **Journaling Activity:** Write about a time when your neurodivergence was a strength rather than a challenge. How did it shape your experience?

✓ **Sensory Awareness Challenge:** Track your **sensory triggers** for a day—note which sounds, textures, or lights feel overwhelming or comforting. Reflect on how adjusting your environment might help.

✓ **Strengths Mapping:** List five **strengths** that come with your neurodivergence. Then, brainstorm ways to apply them in daily life or work.

✓ **Self-Compassion Letter:** Write a letter to yourself acknowledging the challenges you face while also celebrating your unique abilities.

✓ **Routine Experiment:** Try a **new focus technique** (e.g., the Pomodoro method, body doubling, or noise-canceling headphones) and note how it impacts your productivity.

## ☀ Self-Discovery

*"Your journey of self-discovery starts here! Use this worksheet as a tool for growth, self-awareness, and empowerment. Remember, neurodivergence is not a limitation—it's a unique strength. Keep exploring, keep learning, and most importantly, keep embracing your brilliance."*

🌿 **Want more guidance?** Join our upcoming **workshops** and connect with a community that understands.

<https://enlightenedminds.co.uk/>

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