

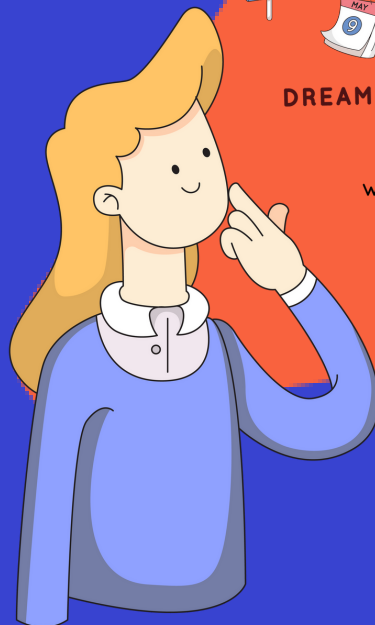
STRENGTHS IN ADHD

Often a sharp
eye for detail

Courage to
take risks

Spontaneity &
adaptability

Ability to
'hyperfocus' on
things one is
passionate about



Reliable in
a crisis

Creative ideas - out-
of-the-box thinking

Short term
deadlines
= more motivation

Whilst many people with ADHD can experience the difficulties associated with it, there are also many strengths that can provide much benefit & joy! It's important to acknowledge these so we can look at our ADHD with a growth mindset.

