13.2

WORKSHEET · CHAPTER 13

Strengths, stated honestly

A strength with its cost written next to it is one you can plan around.

	GOOD AT	WHAT IT COSTS
My autistic side *Depth, detail, pattern, loyalty, fairness*		
My ADHD side *Speed in a crisis, ideas, making the dull interesting*		

WHAT SOMEONE WHO LIKES ME SAID I'M GOOD AT

ONE STRENGTH, IN ONE SENTENCE, FOR THE TOP OF MY PAGE

On a bad day: one strength, in one sentence.