

■ Rediscovering Strengths

Your brain is not broken — it is creative, deep, and powerful. This workbook helps you see what is right with you.

■ Core Reframe

You do not fix weaknesses. You create space for strengths to thrive.

■ Strengths Library

Your curiosity, empathy, humor, and insight are already here. Circle what feels like you — those are clues to your energy.

■ Understanding ADHD Strengths

ADHD brains move with energy and meaning. The same systems that make life hard also spark creativity and compassion.

■ Context Matters

Strengths bloom in safety, rest, and interest. They fade under pressure, judgment, or exhaustion.

■ Science of Strengths

Your brain focuses when something feels real or important. Meaning fuels attention.

■ Dopamine Flow

Motivation comes in bursts. Novelty and purpose keep it alive.

■ Divergent Thinking

Your brain connects ideas in nonlinear, original ways. This is creative intelligence — not disorder.

■ Emotional Sensitivity

Feeling deeply is wisdom. Your awareness helps you sense truth and build trust.

■ Hormone Rhythms

Energy and focus shift across the month. Plan with compassion — not blame.

■ Executive Flow

When you use your strengths, regulation feels natural. Interest switches your focus on.

■ Hidden Strengths

Masking hides your best qualities. Safety helps them return.

■ Misunderstood Strengths

What was once called 'too much' is power in the right place. Your emotions and ideas are valuable data.

■ Channeling Energy

You cannot control your brain — you can direct it. Design conditions that make focus easier.

■ New Skills

Replace perfectionism with compassion. Replace self-criticism with awareness.

■ Reclaiming Strengths

Your gifts were never gone — only covered. Notice what once made you come alive.

■ Rhythm Awareness

Energy moves in cycles. Work with your rhythm, not against it.

■ Living From Strengths

Design life around curiosity and rest. Ease grows when your brain feels understood.

■ Integration

Small daily choices build self-trust. Practice showing up as your real self.

■ Moving Forward

When you live from strengths, life feels aligned. Meaning, connection, and steadiness return.