

Strengths and talents of people with ADHD

# Awesome Qualities of ADHD

**Intelligent** *Fun* **Out-of-the-Box Thinker** *Creative*  
**Lives in the Moment** **Willing to Take Risks**  
**Innovative** **Resilient** *Highly Sensitive* *Hyper-Focused*  
**Sees Details Others Miss** **Talkative** *Imaginative*  
**PROBLEM SOLVER** **Multi-Tasker** **Brain Surfs**  
**Inspiring** **SINGLE-MINDED PURSUIT OF GOAL**  
**Never Bored** **Never Boring** *Charming* **Humorous**  
**Adventurous** **TENACIOUS** **Productive** **Unique**  
**High Energy** *Musically Intuitive*  
*Curious* **Resourceful**  
**Good Negotiator**  
*Different*

**Celebrate your Awesomeness!**

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