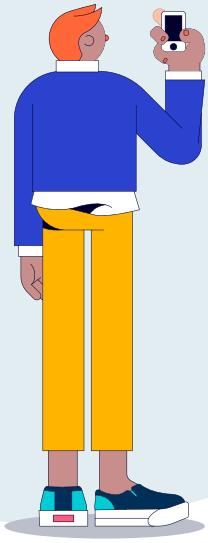
MY POSITIVE ADHD CHARACTERISTICS

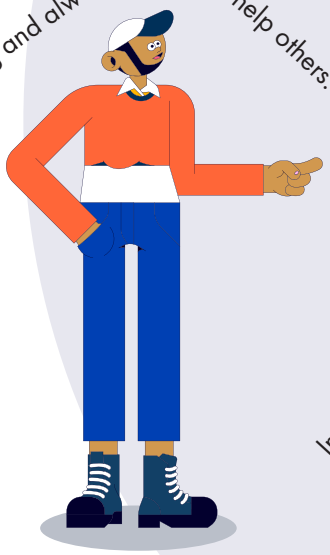


A great sense of humour that can reduce stress and strengthen bonds.

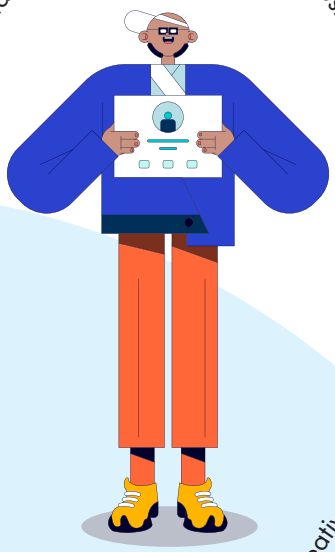


Flexible – changes as the situation requires.

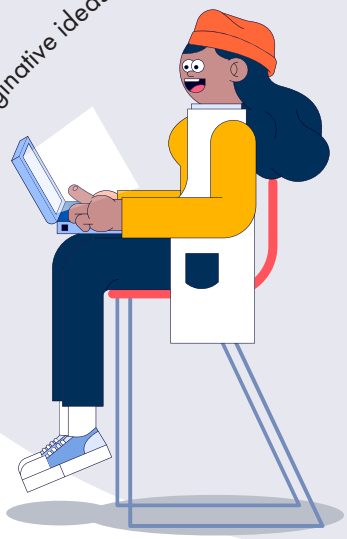
Caring and always wanting to help others.



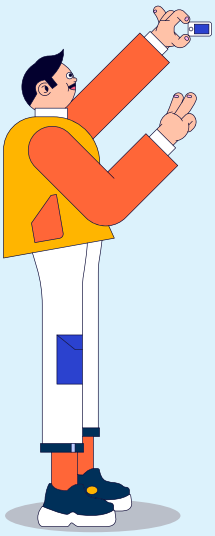
Ability to find alternate paths to overcome obstacles.



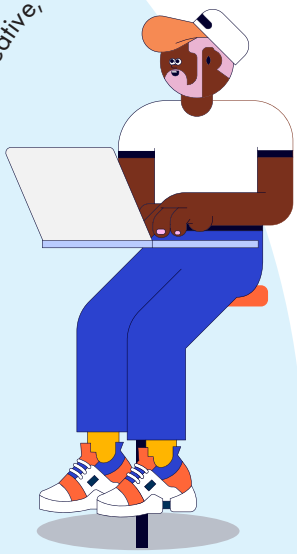
Imaginative ideas generator.



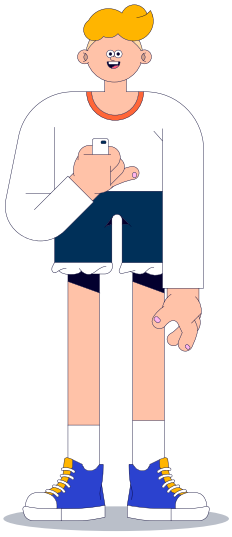
Loves learning new skills and working on new projects.



Enthusiastic, creative, willing to try new things.



Open minded, generous, emphatic and compassionate.





Excellent organisers using journals and reminders.