



Understanding Yourself

Neurodivergent Educator

Self-Reflection Tool



Pause.

Reflect.

Reset.



Take a moment (even 2 minutes!) to check in with yourself.

1. Understanding Your Brain

- What is my comprehension style right now?
 - Visual
 - Verbal
 - Written lists
 - Digital tools
- Am I trying to work in a way that doesn't actually suit me?

- What is one small adjustment I can make today to support myself better?

2. Tasks & Time Check-In

- Am I:
 - Struggling to start a task
 - Starting too many things at once
 - Stuck in hyperfocus
 - Avoiding a task because it feels overwhelming
- Is this task:
 - Clear to me
 - Broken into manageable steps
 - Aligned with how I usually work
- Do I need to:
 - Write a quick list
 - Set a timer
 - Ask for clarity
 - Ask for help
- What is ONE task I will focus on next? _____

3. Rabbit Hole Awareness

- Am I going down a rabbit hole right now?
 - Yes
 - No
- If yes, pause and ask yourself:
 - Is this what was actually asked of me?
 - Does adding more make a difference?
- What do I need to come back to?

4. Communication & Support

- Do I need to ask for clarification or adjustments?
 - Yes
 - No
- Have I communicated:
 - What I need
 - How I work best
- If I'm supporting someone else:
 - Have I adjusted how I'm communicating?
- What conversation might help me today?

5. Boundaries Check

- Am I about to say "yes" to something I don't have capacity for?
 - Yes
 - No
- Is this within my scope?
 - Yes
 - No
- Do I need to say:
"I will review my tasks and come back to you."

- What is one boundary I can set today?

6. Environment & Regulation

- Is my environment currently:
 - Too Noisy
 - Too Overwhelming
 - Too Bright
 - Okay
- What do I need right now?
 - Quiet Space
 - Movement
 - Fresh Air
 - Deep breaths
- What will help me reset?

Final Reflection

- What went well for me today?

- What is one thing I will do differently tomorrow?

