

Strengths & Challenges Reframe Chart

Challenges	Strengths Either the same quality which in a different context works as a strength or a direct or indirect result from coping with the challenge.
Distractible	Notices everything Easily attracted to new stimuli Able to multitask
Non-linear, random	Creative, thinks outside the box Divergent, expansive, interdisciplinary thinker
Easily Bored	Engaged & focused on areas of passion
Ruminates	Concentrates deeply, ultra-focused, attends to task at hand, problem solver
Oversensitive	Highly attuned, sensitive Aware of others feelings, empathetic Intuitive
Stubborn	Tenacious, goal oriented Stands up for beliefs
Impulsive	Spontaneous, in the moment Honest and open, assertive
Risk taker Stimulation seeker	Adventurous, brave Entrepreneurial
Hyperactive	Energetic , action oriented Eager to pitch in Kinesthetic learner
Procrastinates	Uses external stimulation to move into action Deadline oriented
Crisis oriented Disorganized	Rises to new challenges or opportunities Able to function when things are out of alignment or chaotic Flexible
Daydreamer Spacey	Creative, imaginative, able to see unique perspectives Visionary
Rigid	Structured, enjoys routine and having things the same way
Manipulative	Influential, charismatic, leader
Emotionally volatile	Passionate, enthusiastic, open and forthcoming
Misses deadlines, underperforms	[Can result in reading people well, a great sense of humor, being able to think on one's feel, adaptability.]