

# Positive Attributes of ADHD

Usually has a sense of humor  
Open and usually not secretive  
Responds to positive comments  
about their work



Quick at completing things they enjoy doing.

Intense when interested in  
something; full of energy



Sensitive

Spontaneous

Creative or Inventive

Eager to be accepted and willing to  
help

Does not hold grudges

Original

Entrepreneurial

Artistic

Passionate

