My brilliant brain

A printable pack for ADHD and AuDHD brains, to celebrate what your brain is great at.

What's inside

- A "my brain is brilliant at" poster for your wall
- Strengths to tick, with space for the proof
- My current obsession page
- A letter to me, for a hard day

Some days ADHD is really hard. That is true. It is also true that your brain is curious, creative, caring and full of ideas. This pack helps you see the good bits, and remember them on the days you can't.

Free from theadhdvibe.com

My brain is brilliant at...

Fill in a strength in each bubble. Stick it somewhere you will see it every day.

1

2

3

4

5

6

7

8

My strengths, with proof

Tick the ones that sound like you. Then write a time your brain did it. Little things count.

- [ ] Creative ideas
- [ ] Being funny
- [ ] Calm in a crisis
- [ ] Curious about everything
- [ ] Noticing details
- [ ] Thinking outside the box
- [ ] Honest and direct
- [ ] Up for an adventure
- [ ] Hyperfocus
- [ ] Caring deeply
- [ ] Spotting patterns
- [ ] Standing up for what is fair
- [ ] Deep interests
- [ ] Lots of energy
- [ ] Solving problems
- [ ] A loyal friend

The proof

My strength	A time my brain did this

My current obsession

That thing your brain cannot stop thinking about? Celebrate it. Deep interests are a joy, not a waste of time.

What my brain is into right now

Since

Hours of joy so far

Why I love it

Fun facts I have learned

Past obsessions I still love

A letter for a hard day

Write this on a good day. Read it when your brain is telling you that you are not enough.

Dear me,

Nice things people have said about me

"

"

"

"

Want more? Try Vibe Check.

The free app from The ADHD Vibe. It changes to match how you feel, with tools for every kind of ADHD day.

- Pick your vibe, get one thing that helps
- Help button on every screen for hard moments
- Find my words, wins jar, trigger list and more
- AuDHD calm mode, and hide what you don't need
- Private: everything stays on your device

theadhdvibe.com

My brilliant brain is also in the free Vibe Check app. Tap Remind me on a hard day.

The ADHD Vibe shares things that help many people. It is a wellbeing guide, not medical advice. If you are struggling, please talk to your GP.

© 2026 The ADHD Vibe. For personal use. Please share the link, not the file.