

# These Great Minds (TGM) Worksheet

Here's your personal TGM Worksheet! Use this to track the challenges you face at work and note the accommodations that can support you. With the help of this worksheet, you will build your own toolkit to help you thrive at work.

[Check here for examples of workplace challenges & accommodations.](#)

Challenge area	Current experience	Potential accommodations	Assistive technologies	Will you need funding?
Example: Sensory Sensitivity	💡 List specific triggers (e.g., noise, lighting)-	- Noise-canceling headphones - Adjustable lighting - Quiet workspace options	- Noise-canceling headphones	<input type="checkbox"/> Yes <input type="checkbox"/> No

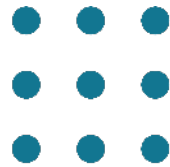
[Check here for examples of masking behaviours.](#)

Masking behaviours to reduce
Example: Forcing eye contact when uncomfortable

👏 **Join our LinkedIn group "These Great Minds"** and share your progress with our supportive network of neurodivergent professionals!

### Useful resources

- [Workplace Accommodations Cheat Sheet for Neurodivergent Individuals](#)
- [A Quick Guide to Requesting Workplace Adjustments](#)
- [Access to Work Application Checklist](#)
- [CareScribe Blog](#)
- [TGM Complete Guide](#) — Get all the insights from our 8-week email series in one go! Haven't signed up yet? [[Join here](#)]



**CareScribe**