

I Believe Change Happens With Neurodiversity

By Jacquelyn Taylor

I believe that minds like mine are the true change makers in our world. The minds that do not fit into a cookie cutter mold of perfection. The minds that may be a little (or a lot) scattered and often day dreaming of big goals. The minds that think outside of the box and see the world in a different way. The minds that see a problem and do not just brush it off, but figure out a solution. These minds are neurodiverse, I am neurodiverse. I was diagnosed at a young age with dyslexia and dyscalculia which is a math learning disability. Other neurodiverse conditions include: ADHD, Tourette's syndrome, Autism, OCD, etc. I do not strive to be just like everyone else, I strive to live a life that is filled with ups and downs because that is what makes me unique. When I was younger, I would have gladly taken a magical potion to get rid of these quirks to be "normal." I've realized these past few years that there is no rulebook for what "being normal" even is, and yet everyone seems so caught up on the term.

I personally love how neurodiverse individuals are: creative and innovative, empathetic, determined, inclusive, great communicators, and resilient. I have had many difficult experiences in my life, but I have found a way to focus on my strengths rather than my weaknesses. Neurodiversity has been a benefit in my life because I learned at a young age how to self-advocate. I learned how to communicate effectively with all types of people. I am also extremely empathetic and understand when people are struggling. I say all of this because I believe these characteristics of neurodiversity are assets to our world and not something to be ashamed of.

I look up to many neurodiverse change makers in our world such as Richard Branson, Greta Gerwig, Chole Hayden, Kate Griggs, etc. While you may not know who these people are, just know that they are brilliant and multi-talented. I look up to these people because they use their neurodiversity as a strength to create significant change. My biggest goal in life is to create a film or documentary that successfully portrays neurodiversity in the correct way. It has become evident to me that many people are unaware of the signs of neurodiverse conditions and how to properly support someone who identifies as neurodiverse. If I were to create a film, I wish that more people would understand what it is like to live life with a difference. I want the audience to feel less alone with their own invisible struggles or disabilities because I know the feeling myself all too well.

If you take away anything please let it be this: we are all different one way or another, for me personally, it's my brain. Tap into what makes YOU different and make it your strength. You are capable of doing whatever you want to do even if you need to approach it in another way. I hope that you, too, will create positive meaningful change at some point in your life. This I believe.