

Special Interest Week:

Seven Prompts to Help You Reflect on Autistic Joy

Instructions: Every day for a week, set aside some time to reflect on one of the prompts below. In the fields provided, you can doodle, write about the topic, or even paste in photos relevant to the special interest. You may also wish to track down physical reminders of these special interests. Try listening to a record you used to love, for example, or sorting through an old drawer of collectibles. Whatever helps you connect to a powerful sense of Autistic Joy!

Day 1

Your Oldest Special Interest

Day 2

Your Most Recent Special Interest

Day 3

A Special Interest That's Changed or Grown Over Time

Day 4

A Special Interest That Is Collected/
Collections

Day 5

The Special Interest That Has Shaped
Your Life the Most

Day 6

A Special Interest You Share with
Someone

Day 7

A Day for Embracing and Celebrating
Special Interests. What's something
positive your special interests have
brought to your life?