

# Five things I've learnt about my disability

Don't let your impairment block your true personality  
from shining through!



# Just do you

1. Focus on your Assets... Be that a winning smile, a cracking sense of humour or the gift of the gab – there are many things that define you aside from your impairment.
2. Patience is a Virtue ... Slow and steady often wins the race. Things make take more time and effort with a disability, but man, the reward is sweet (and maybe even sweeter, but I'll never know!)
3. There are many perks to the job .... To balance out some of the shitty, painful days, there's nothing quite like getting around Disneyland in a day, or getting to your car in 30 seconds in a thunderstorm.
4. It's a great 'tosser filter' ... Disability isn't seen as very sexy to many people, but it's great to know that anyone who is interested has enough about them to not care what anyone else thinks.
5. If you've got it, flaunt it... Actually, disability can be flipping sexy! And it's up to you to show that. Go get 'em, tiger.

For more information about our disability awareness training please visit [enhancetheuk.org](http://enhancetheuk.org), follow us on twitter @enhancetheuk and find us on all social media channels – just search for Enhance the UK!

