



How Adaptable Are you?

Check all that apply to you

I view life as an experiment		I engage in positive self-talk	
If something doesn't work, I try something else		I don't hold grudges or assign blame	
I am open to change not fearful or avoidant of it		I look at the big picture	
I see opportunity rather than failure		I am a curious person	
I am resourceful		I listen to and consider other people's views	
If my plan A doesn't work, I move to Plan B		Context is important to me in making a decision	
I am always looking for ways to improve		I like to try new things	

How many did you check: ____ /14

Scoring: 12-14: You are a strong flexible thinker

6-12: You're getting there, but still have some rigid thinking patterns

0-6: Adaptability is a challenge for you, let's work on it