Are you adaptable?

Being adaptable means being flexible and keeping an open mind. Adaptability allows us to accept things that are new or challenging without judgment, resistance, or fear. It also means we’re able to change our behavior to succeed in any situation. So how adaptable are you? Answer the following questions to find out.

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**Give yourself 1 point for every yes. Your Score _____**

**0-1 point:** You’re likely pretty adaptable. Keep it up!

**2-4 points:** You probably have a bit of a hard time adapting to different situations. Work on being more open to change.

**5-7 points:** Dealing with change is likely a struggle for you. You’ll be a lot less stressed and have a lot more experiences if you work on being more adaptable.

Think about it!

What’s an area in your life where you’d like to be more adaptable?