

Are you adaptable?

Name _____

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.

Yes No

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you get overly nervous about each new school year? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you get upset if plans fall through or change? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a hard time stepping out of your comfort zone? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you sometimes not try because you're afraid of failure? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a hard time thinking ahead? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you dread change? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a hard time seeing others' perspectives? |

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?
