



## How adaptable am I?

For each description, check the column that is most like you.

	<b>Almost always; this is easy for me</b>	<b>Most of the time; but it can be stressful</b>	<b>Sometimes; I often find this difficult</b>	<b>I'm not sure</b>
I adapt to change quickly				
I am willing to learn new skills and procedures				
I am open to new ideas				
I look for ways to make changes work, rather than focusing on why they won't				
I stay calm and look for solutions when problems arise				



## Let's talk about it

- Which of these features of adaptability comes most easily to you?
- Which one is most challenging?