



How adaptable am I?

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

	Almost always; this is easy for me	Most of the time; but it can be stressful	Sometimes; I often find this difficult	I'm not sure
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?

A place for your notes:
