



"Go with the Flow"

Adaptability Assessment

This assessment evaluates how well a person manages change and adapts to new situations. It gauges flexibility, resilience, and overall attitude toward change.

Check the box if doing well and take note of areas of improvement and comment at bottom.

- ☐ Do you find it easy to adjust to new routines or schedules?
- ☐ When plans change unexpectedly, do you remain calm and find a solution quickly?
- ☐ Are you open to trying new methods or approaches at work or in life?
- ☐ Do you feel comfortable stepping outside of your comfort zone when necessary?
- ☐ When faced with change, do you typically focus on the positive aspects of the situation?
- ☐ Are you quick to adapt to new technology or tools?
- ☐ Do you see challenges as opportunities for growth rather than obstacles?

- ☐ When something doesn't go as planned, do you feel frustrated, or do you quickly look for alternatives?
- ☐ Are you flexible when others suggest changes to the current plan?
- ☐ Do you find it easy to stay motivated even when circumstances change unexpectedly?
- ☐ Do you enjoy exploring new environments or experiences, even if they are unfamiliar?
- ☐ When dealing with change, do you rely on your ability to think creatively to overcome challenges?
- ☐ Are you able to remain focused on your goals, even if there are changes to your path?
- ☐ Do you often find yourself feeling anxious or overwhelmed when things change quickly?
- ☐ Do you believe that embracing change helps you grow as a person?

Reflect on your answers and any past experiences that may have flashed vividly into your mind. Take note of a few areas to work on and improve. Incorporate these ideas into your "No Regrets" plan.

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