My Adaptability Plan

Name:

Helpful Words:

- **Adaptability** = adjusting my mindset and actions when things change
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the inner flexibility that helps me grow through change

Directions:
Use **words or drawings** to reflect on how you adapt and where you want to grow.

Use the back of this sheet if you need more space.

1. **A recent situation that didn't go as planned was:**

2. **Here's how I responded:**

3. **One way I'd like to handle change better is:**

4. **My Adaptability Superpower helps me do these things:**

5. **One phrase that helps me stay grounded during change is:**

6. **Adaptability helps me grow my personal competitive advantage by:**

7. **This is how adaptability supports the lifestyle I want to live:**

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