How adaptable are you? **Adaptability is the trait that allows something or someone to change according to need or environment.**

Adaptability **expands our capacity to handle change**, no matter how serious it might be. Instead of throwing away our energy **trying** to change our circumstance, we will **change ourselves** right from within, thus making us **thrive** in whatever situation we find ourselves. Ae you able to do this?

Are you **open to new ideas and don't need to do things just because "that's how they have always been done"**? Are you able to anticipate changes and **not** panic when things don't go according to plan. **If** you are adaptable, you will also bounce back from **adversity** more quickly.

Adaptability skills are **personal** or **learned qualities** that allow us to overcome or adjust to changes in our homes or workplaces. These skills **allow us to take on new roles or responsibilities without increased adjustment time and allow us to react quickly to changing strategies or ideas**.

Adaptability is the ability to respond to **unexpected change** with **grace** and be able to accomplish a task even if things go wrong. Adapting to change is a **skill** that allows us to face new challenges and situations as they arise.

On a scale of 1-10, how **adaptable or flexible** do **you** think you are? Would others agree? Why not check it out!

How would you rate **yourself** on each of these **adaptability skills**: (Average, above average, need to improve)
Communication, quick learning, problem-solving, organization, decision-making, resourcefulness, leadership, and stress management.