



11: THE POWER OF ADAPTABILITY

Your Action Plan for Flexibility and Competitive Advantage

Action Planner

Reflect and Prepare

Name: _____

What Is Adaptability?

Adaptability means staying open and resourceful during change. It's not about liking every shift, but being willing to adjust, grow, and lead through it. It's a key part of your personal competitive advantage.

Why This Matters to Me

Why is adaptability important in your life, program, career path, or lifestyle goals?

My Patterns in Change

How I usually respond to change: _____

What I want to handle better: _____

What gets in my way: _____

Belief Shift

Circle or write a belief that supports your adaptability growth:

"Change creates opportunities."

"I can stay grounded and flexible at the same time."

"Adaptability is part of my advantage."

"I learn fast, even when things are uncomfortable."

Other: _____



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Adaptability Practice + Progress

Name: _____

My 28-Day Adaptability Focus

What will you practice to build flexibility this month?

What upcoming situation could challenge this skill? _____

How will you track or reflect on growth?

☐ Daily log ☐ Weekly check-in ☐ Journal ☐ Mentor/peer review

Restart Plan

When I feel stuck or resistant to change, I will:

☐ Pause and reframe the situation

☐ Use my anchor phrase: " _____ "

☐ Reach out to someone who adapts well

☐ Other: _____

Weekly Reflection Prompts

1. What unexpected change happened this week?

2. How did I respond? What worked, what didn't?

3. What did I learn about my flexibility or mindset?

4. How did I grow my adaptability and advantage?

28-Day Adaptability Tracker

Focus habit or practice: _____

Week 1 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 1 go? Circle one word:

☒ Open ☒ Resistant ☒ Curious
☒ Frustrated ☒ Strategic ☒ Evolving

Week 3 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 3 go? Circle one word:

☒ Open ☒ Resistant ☒ Curious
☒ Frustrated ☒ Strategic ☒ Evolving

Week 2 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 2 go? Circle one word:

☒ Open ☒ Resistant ☒ Curious
☒ Frustrated ☒ Strategic ☒ Evolving

Week 4 ☐ ☐ ☐ ☐ ☐ ☐ ☐

How did week 4 go? Circle one word:

☒ Open ☒ Resistant ☒ Curious
☒ Frustrated ☒ Strategic ☒ Evolving