



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: