



My Adaptability Superpower

Name: _____

Helpful Words:

- **Adaptability** = adjusting when things change or don't go as planned
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Flexibility is your strength!

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

1. A time I had to adapt was:

4. My Adaptability Superpower helps me do these things:

2. Something that helped me was:

5. Adaptability helps me grow my personal competitive advantage by:

3. This is how adaptability makes me stronger:

6. This is how being flexible helps me live the lifestyle I want: