

1. What does adaptability mean to you in your own words?

2. Think of a recent time when you had to adapt to something unexpected.

what happened?

How did you respond?

Looking back, what did you learn?

3. When you feel resistant to change, what emotions come up for you?

4. How do you usually handle situations that don't go as planned?

5. Describe a time when being adaptable led to something surprisingly positive.

6. What helps you stay flexible in high-stress or fast-changing situations?

7. How do you know the difference between adapting to grow vs. compromising your values?

8. Who in your life models adaptability in a way you admire - and why?

9. What's one small change you could practice this week to build your adaptability muscle?