

Adaptability Self-Assessment: Evaluate Your Ability to Adapt to Change

Rate yourself for each statement by selecting ☒ or circling a number from 1 to 5, where:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

1. I remain calm and composed when faced with unexpected challenges.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

2. I am open to trying new approaches when circumstances change.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

3. I adapt my plans easily when things don't go as expected.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

4. I learn from setbacks and use them to grow in the future.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

5. I thrive in dynamic environments that require quick adjustments.

 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 

Answer Key and Score Interpretation:

Add up your total score from the five statements (maximum score = 25).

- **21-25:** You exhibit excellent adaptability and excel in handling changes and uncertainties.
 - **15-20:** You are adaptable in most situations, with slight areas for improvement in flexibility.
 - **10-14:** Your adaptability is moderate; you may face challenges during significant changes.
 - **5-9:** You may struggle with adapting to change, but strategies can help improve this skill.
-

Next Step Suggestions:

- Focus on building a growth mindset by viewing challenges as opportunities to learn.
- Practice mindfulness to stay grounded during unexpected changes.
- Seek feedback from others to identify areas where you can be more flexible.