

## ADAPTABILITY INDICATOR

*Adaptability* is the ability and learned skill to *apply your talents* to changing circumstances in an *empowering way*. You use lessons of the past to meet the challenges of new situations. You have learned the *discipline to take time* out when necessary. *Flexibility is the key here*.

How often in the past 2 months have you experienced the following?

0 = never;    2 = most months;    4 = most weeks;    6 = most days

NO	QUESTION	RATING						
1	I make alternative plans to deal with issues	0	1	2	3	4	5	6
2	I often step away from the situation to get perspective	0	1	2	3	4	5	6
3	I decide the minors are not worth majoring on	0	1	2	3	4	5	6
4	When faced with a challenge, I work on getting clear focus on what to do	0	1	2	3	4	5	6
5	I do not find it hard to anticipate difficulties	0	1	2	3	4	5	6
6	I see the humourous side of things when pressure comes	0	1	2	3	4	5	6
7	I balance pressure so that it does not overwhelm me	0	1	2	3	4	5	6
8	I reward myself for completing a task	0	1	2	3	4	5	6

### SCORING:

(Burnout: 0-24); (Pressure: 25-30); (Balancing: 31-38); (Optimal: 39-48)