



The Virtue of Flexibility

Flexibility is being open to change. You consider others' ideas and feelings and don't insist on your own way. Flexibility gives you creative new ways to get things done. You get rid of bad habits and learn new ones. Flexibility helps you to keep changing for the better.

You are practicing Flexibility when you:

Learn from your mistakes

Are willing to change bad habits

Try imaginative new ways to do things

Are open to the ideas and feeling of others

Can adjust when something unexpected happens

Go with the flow. Trust the unexpected.

Affirmation

I am flexible. I keep changing for the better. I use my creativity. I welcome surprises.

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