

# Short Quiz: Are You Flexible for Change?



**How do you typically react when faced with unexpected challenges or disruptions in your plans?**

- a) Embrace the challenge and see it as an opportunity for growth.
- b) Feel anxious and resistant, preferring to stick to the original plan.
- c) Assess the situation and adapt your plans accordingly.

**In a group setting, how open are you to new ideas and suggestions from others?**

- a) Very open, I believe diverse perspectives enhance problem-solving.
- b) Somewhat open, but I prefer sticking to familiar approaches.
- c) Not very open, I like to stick to my own ideas and methods.

**When given a new task or responsibility at work, how do you approach it?**

- a) Excitedly, viewing it as a chance to learn and expand your skills.
- b) Cautiously, as you prefer tasks you're already familiar with.
- c) Reluctantly, as you feel overwhelmed by the unfamiliarity.

**How do you handle changes in your daily routine or schedule?**

- a) Adapt easily and find ways to make the new routine work for you.
- b) Feel stressed and find it challenging to adjust to the changes.
- c) Take some time to adjust, but eventually find a new rhythm.

**Reflect on a past situation where you had to pivot or change course unexpectedly. How did you feel about it afterward?**

- a) Proud of your ability to adapt and overcome challenges.
- b) Frustrated and somewhat resentful about the disruption.
- c) Neutral, acknowledging that change is a part of life.

**When learning a new skill or acquiring new knowledge, how do you approach the process?**

- a) Enthusiastically, seeing it as an opportunity for personal growth.
- b) You prefer to stick to what you already know, and will use this as a basis while learning.
- c) With caution, but you are willing to invest time and effort to understand it.

**How comfortable are you with uncertainty and ambiguity in your personal or professional life?**

- a) Very comfortable, as you see it as a natural part of the journey.
- b) Somewhat uncomfortable, as you prefer clear plans and direction.
- c) A bit more uncomfortable, and you find it challenging to navigate, if you don't see it as necessary change.

**Scoring:**

- Count the number of a), b), and c) responses.
- Mostly a): You are highly flexible and open to change – you look for it and see it as an opportunity.
- Mostly b): You have flexibility but may find change challenging.
- Mostly c): You do love the status quo and can find change unsettling when unexpected. Work on cultivating your mindset to welcome change and look for opportunities.