

Becoming Better at Being Flexible



Being flexible helps you to be better equipped for unplanned events, sudden changes or to be able to stop something and start something else with ease. Being flexible is the ability to transition readily from one task/situation to another. Being flexible helps you to revise plans due to unforeseen circumstances or setbacks. Being flexible allows one to adapt and embrace unforeseen changes. It's important to be flexible in order to manage things that don't go the way you intended.

TASK: Select 3-4 areas where you need to improve your ability to be flexible, (*not over re-acting, transitioning without delay, use problem solving skills*) list 3 strategies you will commit to in order to become more flexible and explain how this will be beneficial to you.