Flexibility: How Flexible Are You?

In times of uncertainty, how do you adjust and adapt? Reflect on two or three recent changes at work or in your personal life. Take a few minutes to jot down how you felt, what you did to adapt, and how you responded to others in each case.

In what ways were your responses to the various changes similar? How were they different?

Also consider your behaviors from the perspective of others. If your colleagues or family members saw you, what words might they use to describe you?

After downloading this activity, read through the following list of qualities and perspectives of flexible leaders. Put a check beside any items that describe you during times of change.

- I accept change as positive.
- I see change as an opportunity.
- I adapt plans as necessary.
- I quickly master new technology, vocabulary, and operating rules.
- I seek corrective feedback to improve.
- I sort out my strengths and weaknesses fairly accurately.
- I take into account people’s concerns during uncertain times.
- I adjust my style to changing situations.
- I admit personal mistakes, learn from them, and move on.
- I am optimistic. I see the glass as half full.
- I am not easily irritated when things are not going my way.

How many boxes did you check? Are you surprised by your answers? Are you as flexible as you thought?