



Journey To Real Vision

FLEXIBILITY QUIZ

Use this quiz to determine how flexible you are in your daily life and how well you adapt to change. Using the scale below, rate the response that best represents your relationship with the statements:

3 = Frequently

2=Sometimes

1=Rarely

- When I have to unexpectedly change my plans, I do not get stressed out
- I tend to take risks and try new things
- When someone cancels at the last minute, I do not get frustrated
- I tend to change my daily routine just to make things more fun
- I like trying new and exciting things, even if I am unsure of the outcome
- I follow a strict routine, but do not get irritated if it is interrupted
- When confronted with a challenge, I tend to find creative ways to overcome it
- Once I am set on something, I still remain open to changing my mind about the outcome
- I get excited by surprises
- I have been told that I am easy to deal/work with

SCORE:

21-30 You are very flexible and you are moving through life at a much easier pace. This is no easy feat so congrats!

11-20 You have some tools under your belt, but need to continue working through the different courses. You are making progress!

1-10 You are likely struggling and being too rigid in your life. You could benefit from coaching!

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