

## How adaptable are You?

Take this test to find out:

Below are a list of statements, circle score which is most like you:

Statement	Not like You Score = 0	Possibly like you Score = 1	A little bit like you Score = 2	Quite a lot like you Score = 3	Absolutely like you Score = 4
I like to play devil's advocate					
I have friends who are total opposites					
I get bore easily					
I am not a perfectionist					
I change jobs / careers often					
I like taking risks					
I don't believe that there is an absolute 'right' or 'wrong'					
I often change my mind					
I often spring clean my life					
I am a completely different person to who I was 5 years ago					
<b>SCORE</b>					

### Scored 0 - 14?

You are likely to be a creature of habit.

### Score 15 - 29?

You are more adept at changing with times.

### Score 30 – 40?

You are a chameleon of change

The more adept you are at adapting, the better off you will be.

The more you cling to the old, the more frightening the new appears.

Acknowledging fear and then pushing through it allows you to be more flexible to change.

By treating you boundaries like an elastic band, and continually push against them, you will begin to stretch and remain comfortable in that stretched position.