



How well do YOU adapt?

Circle **T** if the statement is true for you. Circle **F** if it is false.

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| 1. Being healthy is important to me, so I eat right, exercise and get enough sleep. | T | F |
| 2. Those who know me well would say I worry too much. | T | F |
| 3. I don't care much about keeping up with local, national or world news. | T | F |
| 4. I enjoy teaming up with people of different backgrounds, ethnicities, etc. | T | F |
| 5. I consider myself a creative person. | T | F |
| 6. I'm often right about stuff, so I usually don't ask for others' input. | T | F |
| 7. I don't like traveling because it means eating and sleeping in strange places. | T | F |
| 8. I enjoy learning something new every day. | T | F |
| 9. I'm fine with doing routine stuff in different ways. | T | F |
| 10. I like going to new restaurants and trying different types of foods. | T | F |
| 11. I have a good attitude when I know a change is coming. | T | F |
| 12. The future's a little scary to me, so I try hard not to think about it. | T | F |
| 13. When my plans get changed or fall through last-minute, I get stressed out. | T | F |
| 14. When I come to a challenge, I meet it head-on. | T | F |
| 15. I'm not afraid of changes that could affect me, my family or my lifestyle. | T | F |
| 16. I really only feel confident when I'm in comfortable, familiar surroundings. | T | F |
| 17. I stay up-to-date with technology and welcome chances to test new examples. | T | F |
| 18. I like my circle of friends and don't reach out to people I don't know. | T | F |
| 19. I'm excited by new opportunities. | T | F |
| 20. Even when a change is certain, I have trouble accepting it and moving on. | T | F |