

Adaptability Self-Assessment

Rate yourself on a scale from 1- 5 for each of the following items.

(1= Strongly Disagree; 5 =Strongly Agree)

	Strongly Disagree				Strongly Agree
1. I maintain a strong awareness of my surroundings at work.	1	2	3	4	5
2. I have a high level of confidence in my abilities to succeed.	1	2	3	4	5
3. I keep an open mind to new ideas and suggestions.	1	2	3	4	5
4. I effectively “read” others.	1	2	3	4	5
5. I stay calm and focused under pressure.	1	2	3	4	5
6. I adjust my plans to the environment as necessary.	1	2	3	4	5
7. I come up with creative solutions to problems.	1	2	3	4	5
8. I recognize failure as an opportunity to learn.	1	2	3	4	5
9. I put myself in new and potentially uncomfortable positions to challenge myself.	1	2	3	4	5
10.	1	2	3	4	5