



4.7 Adaptability Worksheet

Health care is a profession that is constantly changing. These changes could be based on economics, new evidence and research findings, or personal preferences (such as changing to another area of nursing).

Try This!

Circle a number on the top and bottom scale to indicate how you historically have responded to changes in the past.

Strict, Inflexible	1	2	3	4	5	6	7	8	9	10	Resilient
Resistant to Change	1	2	3	4	5	6	7	8	9	10	Look Forward to Change

What are some upcoming changes in your work setting? In your personal life?

Where and how might inflexibility hinder you? Benefit you?

Why do you think you are resistant to change?

What might be some things you could try to help you overcome a specific resistance?

(New 11-10)