

# Adaptability BINGO

Challenge: Complete 3 in a row (horizontal, vertical, or diagonal). Each square is an opportunity to practice adaptability. Check off each one as you go-and reflect on what felt hardest or most freeing.

Said yes to a last-minute plan	Took a different route to work	Let someone else lead a meeting	Adapted a plan without stressing	Listened without interrupting
Delegated something I usually control	Asked for feedback and stayed open	Tried a new tool or app	Changed my mind after reflection	Started a task without overthinking
Said no to something to create space	FREE SPACE - Just show up with flexibility!	Let go of a personal expectation	Reacted calmly to an unexpected change	Moved forward without knowing all the answers
Reached out to collaborate differently	Worked in a different location or setup	Tried a new workflow or system	Let a plan unfold organically	Took a break instead of forcing progress
Helped someone else adapt to change	Let a mistake go and moved on	Did something out of my comfort zone	Asked, 'What's another way to look at this?'	Let the day unfold without rigid scheduling

## Reflection:

Which square felt hardest to complete-and why?

What surprised you about trying these adaptability tasks?