Flexibility

Flexibility is being open to change. You consider other's ideas and feelings and don't insist on your own way. Flexibility gives you creative new ways to get things done, and helps you to keep changing for the better.

You are practicing flexibility when you......

- Learn from your mistakes
- Are willing to change bad habits
- Try imaginative new ways to do things
- Are open to the ideas and feelings of others
- Can adjust when something unexpected happens
- Go with the flow and trust the unexpected