

# My Adaptability Self-Assessment

The AQai framework measures adaptability across Ability, Character, and Environment. Rate yourself on the five Abilities — the levers you have the most direct control over.

1 = Challenge 2 = Developing 3 = Moderate 4 = Strong 5 = Real strength

Ability	Description	1	2	3	4	5
Grit	Persevering toward goals when the path is unclear	1	2	3	4	5
Mental Flexibility	Shifting thinking when circumstances change	1	2	3	4	5
Mindset	Believing I can grow and develop new capabilities	1	2	3	4	5
Resilience	Recovering from setbacks; maintaining wellbeing	1	2	3	4	5
Unlearn	Letting go of what no longer serves me	1	2	3	4	5

## Grit — Your GPS

The destination stays fixed. The route changes. Keep driving.

**My destination (the goal that stays fixed):**

Roadblock I'm hitting:

How I'll recalculate (a different route):

## Mindset — The Power of YET

One word. Entirely different trajectory.

I can't \_\_\_\_\_.

I can't \_\_\_\_\_ **YET.**

What opens up?

## Resilience — What's Keeping Your Tank Full?

These aren't luxuries — they're infrastructure. Check what you're doing:

Body & Physical	Mind & Connection
<input type="checkbox"/> Sleep <input type="checkbox"/> Nutrition <input type="checkbox"/> Exercise <input type="checkbox"/> Hydration <input type="checkbox"/> Rest / breaks	<input type="checkbox"/> Mindfulness <input type="checkbox"/> Journaling <input type="checkbox"/> Friends <input type="checkbox"/> Self-care <input type="checkbox"/> Boundaries (saying no)

One area to strengthen:

## Unlearn — My Closet Cleanout

You don't have to empty the whole closet. Start with one thing.

KEEP <i>Still fits. Still serves me.</i>	DONATE <i>Different chapter now.</i>	LET GO <i>Time to release.</i>

My top strength: \_\_\_\_\_ Ability I want to develop: \_\_\_\_\_

# My Adaptability Action Plan

Connect what you've learned to one concrete next step.

## Step 1: Name What's Next

The change or challenge I'm navigating:

What's making it hard? (circle)

Volatile
  Uncertain
  Complex
  Ambiguous
  Brittle
  Anxious
  Nonlinear
  Incomprehensible

## Step 2: Leverage Your Abilities

For this challenge, which ability do you most need? How will you use it?

Ability	How this helps me with my challenge	One action I'll take
Grit		
Mental Flexibility		
Mindset		
Resilience		
Unlearn		

## Step 3: Activate Your Support System

Who can help me with this?

What I need most (circle one):

Encouragement
  Practical help
  Expert advice
  Accountability
  A thinking partner

One conversation I'll have this week:

## Step 4: My 7-Day Commitment

In the next 7 days, I will:

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The ability I'm practicing:

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I'll know I'm making progress when:

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## Continue Your Journey

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Interested in The P2 Collective group coaching experience? Reach out to Johanna for additional information.

The Toxic Leader Podcast — Available on Spotify

**You're not starting from scratch.** Every challenge you've navigated has been building your adaptability. Now you have the language to use it with intention.