



Mindset Shift: From Uncertainty → Adaptability



Part 1: Reflect on Uncertainty

Think about a current or recent change you're experiencing.



What's uncertain about it?



How does that uncertainty make you feel? (Check all that apply):

☐ Anxious
 ☐ Frustrated
 ☐ Stuck
 ☐ Curious
 ☐ Overwhelmed
 ☐ Energized
 ☐ Resistant
 ☐ Motivated



What's your first instinct or reaction to that uncertainty?



Part 2: Reframe the Narrative

Let's shift from reacting to uncertainty → building adaptability.

Uncertain Thought

Adaptable Reframe

"I don't know what's going to happen." "I'll adjust as I go."

"This might not work."

"I'll learn something either way."

"This is out of my control."

"I'll focus on what I *can* control."




Try it yourself:


Write an uncertain thought you've had and reframe it below.

Uncertain Thought:


Adaptable Reframe:

Part 3: Anchor Your Adaptability

 Think of a time when you adapted to something new or unexpected.
What helped you get through it?

 What personal strengths helped you adapt?

- ☐ Problem-solving
- ☐ Communication
- ☐ Flexibility
- ☐ Patience
- ☐ Courage
- ☐ Other: _____

 What's one action you can take this week to build adaptability?

Bonus: A New Narrative

Complete this sentence:

“Even though things are uncertain, I can trust my ability to

_____.”