



P R E S E N T S

Pratt's

YOUR LIFE IN FOCUS:
A VISION FORWARD
WORKBOOK





Your Wellness Quotient: **ADAPT**

WEEK 3: May 30, 2020

Our ability to **adapt** now is a form of self-care that will strongly influence our lives on the other side of COVID-19. When we cultivate tools to strengthen our resilience and bounce back from challenges, we're more likely to feel prepared to deal with life after the crisis.

Instructions:

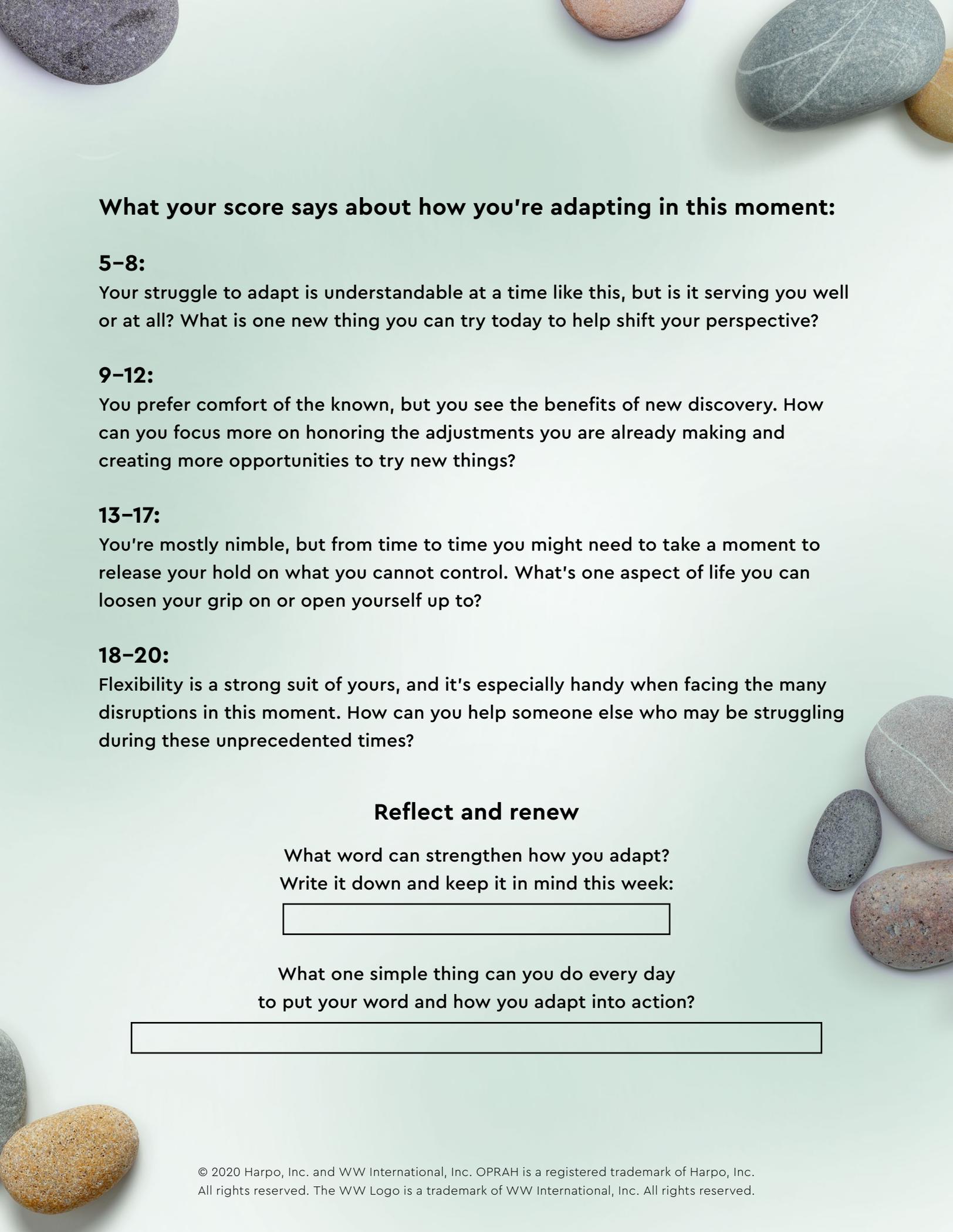
To assess your adaptation quotient, consider how accurately each statement describes you at this time, and select a score from 1 to 4:

- 1 - Not me at all
- 2 - Sometimes me
- 3 - Often that's me
- 4 - That's me!

- 1. As new information regarding social distancing develops, I accept that my daily routines, including sleep, work, structure and comfort have been disrupted.
- 2. I'm trying new things and finding different, creative ways to approach activities I've always done.
- 3. I'm looking back at how I managed other challenging times in my life to build my confidence that I'll get through this too.
- 4. I am finding ways to laugh despite what is happening, like watching funny videos, playing games, or sharing lighthearted experiences.
- 5. Whether living alone or with others, I am coping well with the changes in my social and family relationships.

Scoring:

Add up your scores and write the total here:



What your score says about how you're adapting in this moment:

5-8:

Your struggle to adapt is understandable at a time like this, but is it serving you well or at all? What is one new thing you can try today to help shift your perspective?

9-12:

You prefer comfort of the known, but you see the benefits of new discovery. How can you focus more on honoring the adjustments you are already making and creating more opportunities to try new things?

13-17:

You're mostly nimble, but from time to time you might need to take a moment to release your hold on what you cannot control. What's one aspect of life you can loosen your grip on or open yourself up to?

18-20:

Flexibility is a strong suit of yours, and it's especially handy when facing the many disruptions in this moment. How can you help someone else who may be struggling during these unprecedented times?

Reflect and renew

What word can strengthen how you adapt?

Write it down and keep it in mind this week:

What one simple thing can you do every day
to put your word and how you adapt into action?