

## Flexibility (vs. Stubbornness)

*Adjusting to change with a good attitude*

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### The Flexibility Test

By Jill Welte Tomey

I recently took a physical body flexibility test. The results were not pretty. I now have a few more exercises to do each week hoping to improve that score.

What about the flexibility of my character? I decided to create a character flexibility test.

When plans are changed do you go with the flow?

When others suggest a different way to do something, do you resist?

When you set up a schedule do you get upset if it needs to change?

If a group you are with is picking a restaurant or a location for an outing, do you get upset if you don't get to help choose the place?

If you make a decision and then get new information are you willing to change your mind?

When faced with obstacles, do you look for creative solutions or become discouraged?

Have you ever been characterized as stubborn?

When changes happen do you try to make the best of it?

How well do you take advice or correction?

I didn't do as badly on the character test as I did on my bodily flexibility. What kinds of character exercises will make us more flexible? Each person may experience inflexibility differently. The best way to improve is to first become aware of when you are unnecessarily stubborn. When you discover it happening, pause, and give yourself time to adjust to the change. Try to see things from another's perspective to gain understanding. Before an event, anticipate ways that it could change and be prepared to think on your feet. Try to see yourself as others might see you when you are stubborn. Chances are you may not like what you see.

This month, limber up your flexibility and see how much lemonade you can make when life hands you lemons!

#### How to Practice Flexibility:

- not get upset when plans change
- respect the decisions of my authorities
- not be stubborn
- look for the good in changes
- not compromise what is right

*"Mishaps are like knives, that either serve us or cut us, as we grasp them by the blade or the handle."*

*~James Russell Lowell*

*"Stay committed in your decisions, but stay flexible in your approach."*

*~Tom Robbins*