



## FLEXIBILITY MEANS THAT YOU CAN ACCEPT, ADAPT TO, AND DEAL WITH CHANGE.

Write down three ways you showed flexibility by adapting to changes in your life; first, at the studio, then, at school or work, and at home:

At the studio: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

At school or work: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

At home: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Attitude is the difference between settling on and adapting to change. How does your attitude affect your ability to be flexible?

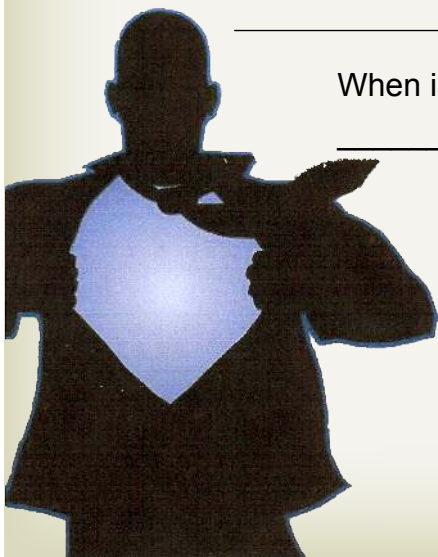
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When is it appropriate to NOT compromise, even if you are seen as stubborn?

\_\_\_\_\_

List five reasons you should be flexible (in attitude, not just physically):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”

- Romans 12:2 NLT

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