# I can adapt to any change in life.

Change is one of the only constants in life. I can readily adapt to any change that life throws my way.

Change is exciting. Life is too short to relive the same day over and over. I relish change and the unknown. **I find life more exciting when there is change.** Each day is a new adventure.

I am flexible. My ability to adapt and grow makes me able to accept new people and situations.

**I can find solutions to any challenge and seek out ways to maximize my enjoyment, regardless of the circumstances.**

My self-development leads to change. I am always changing. I enjoy developing my talents and learning new skills. I like to challenge myself.

When i change myself, my life changes, too. The changes I create are the best kind. Adapting to these changes is easy.

I am open to new experiences and ideas. **My mental flexibility serves me well when life throws a curveball.** I can see the good in any situation. I can make anything serve my life in a positive way.

Today, I view life from a relaxed and accepting perspective. I take a flexible approach to life. I am willing to accept whatever comes my way. I can adapt to any change.

### Self-Reflection Questions:

1. What are three times I faced considerable change in my life? How well did I handle those situations?
2. What can I do to become more skillful at dealing with change?
3. How would it benefit me if were better at adapting to change?