Flexibility

A chicken and a dog and a fence can give us a good idea of what flexibility is all about. The chicken and the dog were wandering around next to a fence when food was placed on the other side of the fence. The chicken attempted to get the food by repeatedly pecking at the fence, apparently assuming it would eventually get through to the food. Instead its beak just became more and more bloody. The dog also initially attempted to scratch through the fence but quickly realized that wouldn’t work, so he changed his strategy and went around the fence for the food. That dog was flexible!

We need to look at our actions in everyday situations to see whether we are being flexible or rigid (remember the rigid chicken and the flexible dog!). If a set of actions repeatedly fails to help us reach our goal, then it’s time to change our strategy. Always considering alternatives leads us to new strategies—and ultimately to success.

1. In what area(s) of my life can I demonstrate more flexibility?
   - _____ Attitude toward school work
   - _____ Relationships with my parents and family
   - _____ Relationships with friends
   - _____ Other, fill in: ________________________________________________

2. How will being more flexible when I approach problems bring me more success in life?
   - ___________________________________________________________________
   - ___________________________________________________________________
   - ___________________________________________________________________

3. One specific example of a time that I was not flexible is ...
   - ___________________________________________________________________
   - ___________________________________________________________________
   - ___________________________________________________________________

4. One specific way I will be more flexible today is ...
   - ___________________________________________________________________
   - ___________________________________________________________________
   - ___________________________________________________________________

5. To give myself the most flexibility and choice, I will ...
   - _____ feel, act, then think
   - _____ think, feel, then act
   - _____ act, feel, then think