

# **12 LIFE SKILLS**

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## **Session Eleven – Adaptability Making the Changes that Bring You Success**

### **Introduction**

#### **I. Definition of Adaptability: Doing a workaround**

#### **II. Aspects**

A. Welcome change

B. Focus on what you really want

C. Know what is negotiable and what is principle

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D. Persevere in relational conflicts

E. The 2 minute distraction

F. Confront the 2 problem voices

G. Creativity comes after safety

## III. Conclusion