

Action/Behavior	1 Always	2 Almost Always	3 Occasionally	4 Almost Never	5 Never
1. I find it easy to operate out of my comfort zone.					
2. I am comfortable with change.					
3. It's okay when things are "up in the air."					
4. I readily embrace new ideas and concepts.					
5. I quickly make decisions and solve problems even when there's not enough information.					
6. I shift gears quickly when things change.					
7. I don't go around cursing change or let change put me in a bad mood.					
8. I like to learn new skills and new ways of doing things.					
9. I can take action without having the complete picture.					
10. I readily embrace shifting priorities.					
11. I am comfortable if I have to do things differently than they've always been done.					

12. People would view me as someone who is curious and interested in new ways of doing things.					
13. I am comfortable working with people who are different from me in their thinking and problem-solving.					
14. I anticipate change and respond readily.					
15. I can juggle multiple demands with ease (and a smile).					
16. I am comfortable with risk and uncertainty.					
17. I tend to be an early adopter (of technology as well as of ideas and new ways of doing things).					
18. I adjust quickly to the need for change, even if the facts available to me are limited.					
19. I happily re-arrange my schedule to make sure new priorities and deadlines are met.					
20. I am comfortable with chaos and complexity.					

Total Score _____

My Personal Agility Score	
If your score is:	Then:
1 – 20	Your personal agility is high.
21 – 40	Your personal agility is moderately high.
40 – 60	Your personal agility is moderate.
61 – 80	Your personal agility has room for improvement.
81 – 100	Your personal agility needs improvement.