

# EvolvAbility

GROWING FORWARD  
WHEN LIFE GOES SIDEWAYS



EvolvAbility is the cultivation of skills required to adapt, change, and grow in times of uncertainty and disruption. Determine your level of EvolvAbility by rating each statement on a scale from:

**1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree**

01	I am aware of my emotions and how they affect my behavior.	
02	I handle stress and frustration without derailing myself or others.	
03	I keep my composure when faced with unexpected challenges.	
04	I adjust my approach based on the needs of others.	
05	I can clearly articulate what matters most to me in work and life.	
06	My daily actions reflect my values.	
07	I stand up for what I believe in, even when it's difficult or unpopular.	
08	My decisions align with my values.	
09	I set boundaries to protect my energy and focus.	
10	I proactively minimize interruptions and distractions.	
11	I take time to rest and recharge.	
12	My schedule reflects my priorities.	
13	I communicate ideas clearly.	
14	I welcome feedback and advice.	
15	I actively listen and try to understand different perspectives.	
16	I show up in a way that inspires others.	
17	I step outside my comfort zone when needed.	
18	I seek opportunities to improve myself.	
19	I advocate for myself and my needs.	
20	I recognize and celebrate progress, even in small steps.	
<b>TOTAL SCORE</b>		

<b>80+</b>	<b>High:</b> You navigate change with intention and resilience, and others often look to you as a steady guide when things get uncertain.
<b>60-79</b>	<b>Moderate:</b> You're handling change well, and sharpening a few key skills can help you move through it with even more confidence and ease.
<b>20-59</b>	<b>Foundational:</b> Change may feel heavy right now, but you have the capacity to adapt. Small, intentional shifts can create meaningful momentum.

