

FLEXIBILITY

**CHARACTER
COUNTS**



**FLEXIBILITY MEANS THAT YOU CAN ACCEPT,
ADAPT TO, AND DEAL WITH CHANGE.**

Write down three ways you showed flexibility by adapting to changes in your life; first, at Krav Maga, then, at school, and at home:

At Krav Maga: _____

At school: _____

At home: _____

Attitude is the difference between settling on and adapting to change. How does your attitude affect your ability to be flexible?

When is it appropriate to NOT compromise, even if you are seen as stubborn?



List five reasons you should be flexible (in attitude, not just physically):

1. _____
2. _____
3. _____
4. _____
5. _____

*"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think."
- Romans 12:2 NLT*

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