

The Resiliency Project

Session 10 Homework



Embrace Adaptability

One of the things we do that we hope makes this year-long series worthwhile to you is assigning short homework projects for you to work on between our monthly get-togethers.

Your homework:

Between now and our next get-together on Wednesday, November 13th, please choose one of the following tips for embracing adaptability and be sure to follow through:

- Get creative! Perform a routine home or work duty in a new way.
- Have a new experience and journal your response to how you adjusted to the experience.
- Identify a new trend or development in your field, read about it, and journal how it could impact you in a positive way professionally.

As always, be prepared to share your results with the rest of the participants next month. November's topic addresses time management and resiliency.

