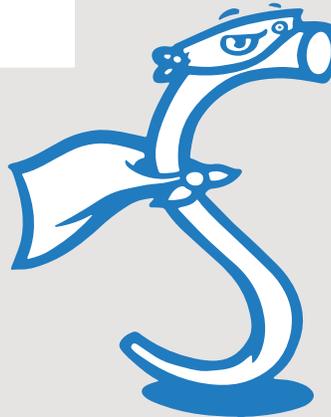


# Your flexibility superpower!

flex·i·bil·i·ty /fleksə'bilədē/

the quality of bending easily without breaking  
the ability to be easily modified  
willingness to change or compromise



**RELATED  
ESSENTIAL SKILLS:**

Comfortable  
with Discomfort,  
Tolerance of the  
Unknown, Empathy,  
Understanding,  
Consideration,  
Thoughtfulness

**VIDEO:**

Your Flexibility  
Superpower

[http://tiny.cc/  
essential-flexibility](http://tiny.cc/essential-flexibility)



## Try It:

As you work through your project guide, think about how you could become more flexible in your thinking.

**BEFORE YOU BEGIN:**

A strong tall oak tree does not bend to a mighty wind but may come crashing down if the storm is strong enough. On the other hand, a reed is flexible...it bends with the wind and rises again once hardship passes.

- How am I thinking about this project? Am I rigid in my thought or am I flexible?
- How might others be thinking about this project? Could they teach me something new?
- Am I feeling anxious or nervous right now? Why might that be? Is there a different way to think about this situation?

**WHILE YOU WORK:**

Can I try more than one way to show my thinking? How can I switch gears in my approach?

How can I think about this situation from someone else's perspective?

- Turn to a teammate or friend and ask, "What do you think about this?" and "How do you think things are going?" Now, listen.
- How can we try a new way forward?

**WHEN YOU ARE DONE:**

- What new ways did I learn to solve problems?
- Are there other possibilities/outcomes?
- How do other's thoughts assist my way of thinking?
- How was I like an oak tree (rigid in my thoughts) or like a reed (able to bend and flex) during the pressures of this project?

**IT'S A FACT.**

At 2,717 feet, the Burj Khalifa in Dubai is over half a mile tall. Did you know this massive piece of engineering genius slowly sways back and forth up to 2 meters at the top of its reach? Most skyscrapers are built to sway in strong winds or during an earthquake... if they didn't, can you imagine the disastrous results?

## Extend It:

For more inspiration and motivation watch this grit-filled video from Kid President:

[https://www.ted.com/talks/yves\\_rossy\\_fly\\_with\\_the\\_jetman](https://www.ted.com/talks/yves_rossy_fly_with_the_jetman)