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Bridge4Mothers

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PSL Programme — Personal, Social and Learning-to-Learn Competences

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Adaptability Reflection Worksheet

Reflection Questions

1. What changes or transitions have you experienced recently?
2. How do you usually respond to uncertainty?
3. What personal strengths help you manage challenges?
4. What situations make you feel less confident?
5. What strategies help you adapt positively?

Practical Reflection

Think about a difficult or unexpected situation.

Reflect on:

- how you responded,
- what helped you cope,
- and what you learned from the experience.

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