

## PERSONALITY & PERSONAL PLANNING APPROACH

### **Adaptiveness**

How comfortable someone  
feels going and coping in  
different and unusual places

### **Adaptability**

How often and how frequently  
someone changes jobs or other  
commitments

### **Preparedness**

How often someone exercises  
their own limits by being  
prepared and ready for any  
situation

### **Contingencies**

How often someone  
prepares for various situations  
and settings

### **Clarity**

How often someone exercises  
their own limits through an  
extended period of difficult  
situations or unusual settings

### **Flexibility**

How often someone  
exercises their own limits by  
going into new things or not being  
out of hand

### **Endurance**

How often someone  
exercises their own limits  
and maintains their energy

### **Steady**

How often someone  
exercises their own limits in  
steadfast situations

### **Consistency**

How often someone  
exercises their own limits in  
consistent situations

### **Steadfast**

How often someone  
exercises their own limits in  
steadfast situations