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DeepLove – Adaptability

Adaptability = the quality of being able to adjust to new
and changing conditions

1. Guard your perspective
(Romans 8:28, Psalm 23:6)

2. Cultivate gratitude
(Colossians 3:17)

3. Practice genuine forgiveness
(Colossians 3:12-13)

4. Things that cripple adaptability
 - self-pity
 - blame
 - resentment