



ROOT: "flexibilis" (n.).

Flexibility came into use in 1610 and comes from Old French *flexibilit * meaning ‘vacillation; uncertainty’. This stems from Late Latin *flexibilitatem* which comes from Latin *flexibilis* ‘pliant; yielding’. Today, flexibility has two main meanings. 1) the quality of bending easily without breaking; 2) the ability to be easily modified or adapted.

Type of word: noun
5 syllables: flex-i-bi-li-ty

- ANTONYMS:**
- Inflexibility
 - Rigidity
 - Fixed
 - Stubborn
 - Immovable
 - Obstinate

- SYNONYMS:**
- Adaptability
 - Versatility
 - Openness
 - Pliability
 - Elasticity



EXAMPLES:

All of these shopping options give you a lot of **flexibility** in your purchasing decisions.

This software gives you more **flexibility** to create your own unique designs.

HOW I REMEMBER THE WORD



HOW TO BE FLEXIBLE:

- Learn from others. Learning to navigate change and become more **flexible** is best done from others.
- Find the silver lining. Try to find positives in situations or projects that don't go as planned.
- Be willing to make mistakes & ask questions.
- If you are more **FLEXIBLE** you'll embrace challenges better and become a better leader.

QUOTES:

“Flexibility in a time of great change is a vital quality of leadership.” –Brian Tracy

“Flexibility is the key to stability.” –John Wooden