Taking Adaptive Action

Think of a specific situation that involves a human system where you would like some new perspective. For this exercise choose a situation where you already have some influence.

Ask yourself these three adaptive action questions:

- What?
- So what?
- Now what?

When you are done, ask yourself, how has this reflection affected your understanding of the situation and your options for action?

Take the action and then come back and reflect on the situation with these questions again.