



ADAPTIVE GENERALIST PLAYBOOK

Research-Backed Strategies for Your Brain

WHAT'S INSIDE

- 3 Core Decision Frameworks for context-based productivity
- Your personalized 7-Day Quick-Start Plan
- 1-Page Cheat Sheet for daily reference

TABLE OF CONTENTS

Your Archetype at a Glance	3
Your 3 Core Frameworks	4
Your Top 3 Tools	15
Your #1 Failure Mode	17
Your 7-Day Quick-Start Plan	19
Your 1-Page Cheat Sheet	21
Your Complete Resource Library	22

THE ADAPTIVE GENERALIST

THE REALITY: You're not "between" archetypes—you're multi-modal. Your productivity shifts based on context. Sometimes you need structure, sometimes flexibility. Sometimes deep focus, sometimes big picture. This isn't confusion—it's adaptability. This playbook teaches you to recognize contexts and match strategies accordingly.

YOUR ARCHETYPE AT A GLANCE

YOUR 4-AXIS PROFILE

Structure: **BALANCED (40-60%)** — Can work structured OR flexibly

Motivation: **BALANCED (40-60%)** — Responds to internal AND external motivators

Focus: **BALANCED (40-60%)** — Can zoom in on details OR see big picture

Task Relationship: **BALANCED (40-60%)** — Can plan AND execute equally well

YOUR CORE CHALLENGE

You don't have **ONE** productivity style that always works. What works Monday doesn't work Friday. What works for Project A fails for Project B. Generic productivity advice feels hit-or-miss because you're genuinely context-dependent. You need a **META-SYSTEM**: How to choose the right approach for each situation.

YOUR EXPERIENCE

- Some days rigid time-blocking works great
- Other days it feels suffocating
- Some projects need detailed planning
- Others need immediate execution
- Sometimes you're self-motivated
- Sometimes you need external accountability

You're not indecisive—you're reading context.

WHY TRADITIONAL ADVICE FAILS YOU

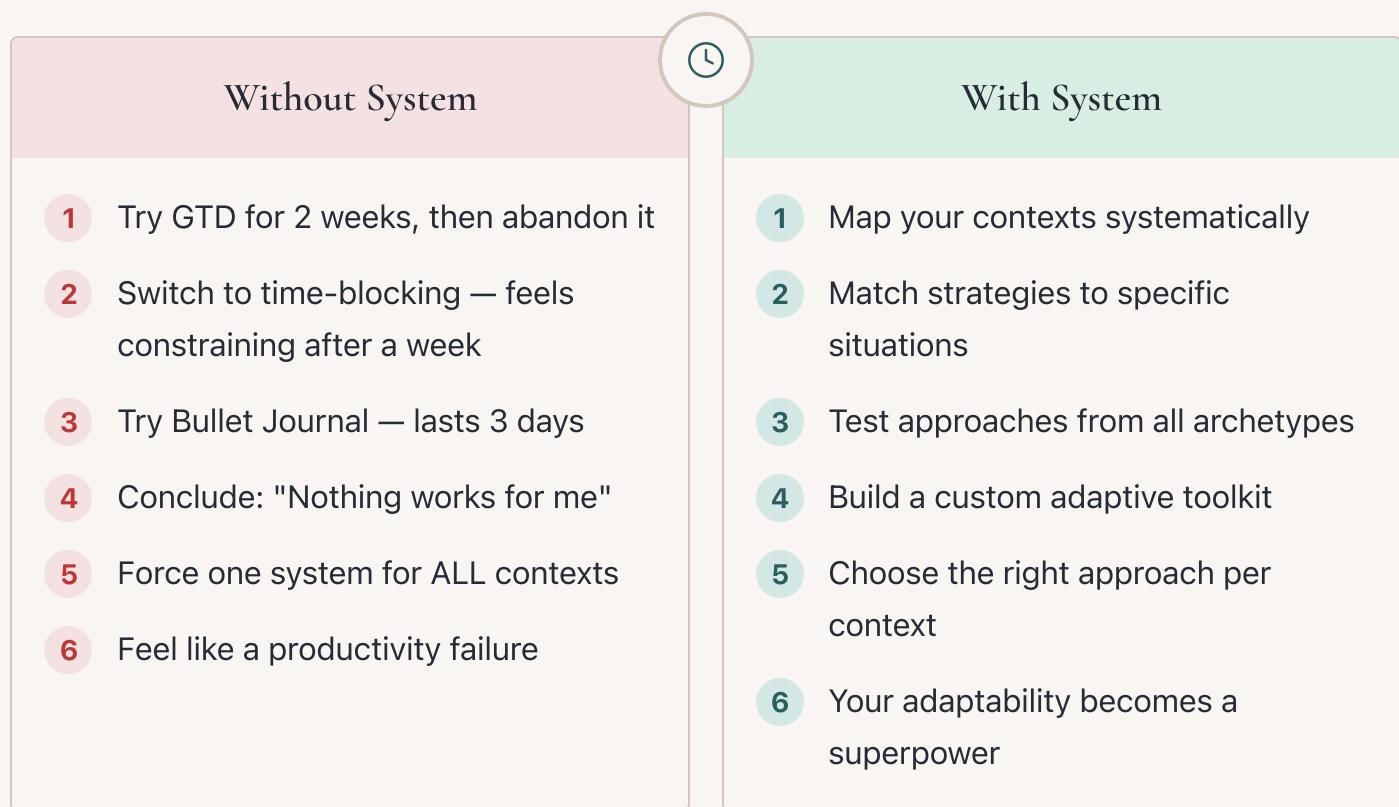
- "**Find YOUR system**" → You don't have ONE system
- "**Consistency is key**" → Your contexts aren't consistent
- "**Stick to routine**" → Your needs change

THE GOOD NEWS

Your adaptability is a superpower in changing environments. You just need frameworks for **CHOOSING** the right approach, not **PICKING** one approach forever.

FROM PRODUCTIVITY CONFUSION TO CONTEXT-BASED CLARITY

You're not "between" archetypes — you're **multi-modal**. Your productivity shifts based on context. This isn't confusion — it's adaptability. You need a **meta-system**: how to choose the right approach for each situation.



FRAMEWORK I — CONTEXT-SWITCHING SYSTEM

These aren't productivity systems—they're **DECISION** frameworks for choosing the right system for each context.

WHAT IT IS

Map your contexts (work types, energy states, project phases) to productivity approaches. Match strategy to situation instead of forcing one strategy everywhere.

WHY IT WORKS FOR YOUR BRAIN

Adaptive Generalists fail when using the same approach for every context:

- Using rigid planning for creative work → **Kills creativity**
- Using flexible improvising for detailed work → **Creates errors**
- Using external accountability for intrinsic projects → **Reduces motivation**

Context-switching works because:

- Different contexts legitimately need different approaches
- Your adaptability becomes strength, not confusion
- Reduces "wrong tool for the job" frustration

"You're not 'between' archetypes—you're multi-modal!"

HOW TO IMPLEMENT

Step 1: Map Your Contexts (20 minutes)

List your recurring work contexts:

BY WORK TYPE

- Creative work (writing, design, strategy)
- Analytical work (data, planning, research)
- Execution work (implementation, coding, building)
- Administrative work (email, meetings, coordination)

BY PROJECT PHASE

- Exploration (brainstorming, research)
- Planning (outlining, strategizing)
- Execution (building, writing, creating)
- Refinement (editing, polishing, optimizing)

BY ENERGY STATE

- High energy (focused, motivated)
- Medium energy (capable, steady)
- Low energy (resistant, depleted)

BY ENVIRONMENT

- Office/structured environment
- Home/flexible environment
- Coffee shop/public space
- Travel/on-the-go

Step 2: Match Approaches to Contexts (30 minutes)

For each context, identify which productivity approach works. See example mappings on the next page.

EXAMPLE MAPPING

CREATIVE WORK + HIGH ENERGY + HOME

APPROACH	TOOLS	STRUCTURE
Flexible time blocks, no rigid schedule	Notion for capture, music, long uninterrupted sessions	Minimal (just capture ideas and make progress)

ANALYTICAL WORK + MEDIUM ENERGY + OFFICE

APPROACH	TOOLS	STRUCTURE
Structured time-blocking, detailed planning	Spreadsheets, calendar blocks, Sunscama	High (specific tasks, specific times)

ADMINISTRATIVE WORK + LOW ENERGY + ANYWHERE

APPROACH	TOOLS	STRUCTURE
Batch processing with timer	Email templates, Pomodoro, automation	Medium (group similar tasks, time-box)

EXECUTION WORK + HIGH ENERGY + COFFEE SHOP

APPROACH	TOOLS	STRUCTURE
Body doubling (social accountability)	Focusmate or in-person coworking	Medium (clear task, flexible timing)

Step 3: Create Your Context Decision Tree (15 min)

WHEN STARTING WORK SESSION, ASK:

1. What type of work? → Creative / Analytical / Execution / Admin
2. What project phase? → Explore / Plan / Execute / Refine
3. What's my energy? → High / Medium / Low
4. What's my environment? → Office / Home / Public / Travel

THEN CHOOSE MATCHED APPROACH FROM YOUR MAP.

Step 4: Test and Refine (Ongoing)

Track for 2 weeks to refine your context map.

WHAT SUCCESS LOOKS LIKE

Week 1: You stop fighting your context

Week 2: Choosing approach becomes quick decision

Week 4: Your adaptability becomes strategic strength

TIP: *Your "confusion" was actually accurate context-reading. Now you have vocabulary for it.*

FRAMEWORK 2 — STRATEGY TESTING PROTOCOL

WHAT IT IS

Systematically experiment with strategies from all 6 main archetypes to discover what works for YOU in each context. Build your personal playbook through testing, not guessing.

WHY IT WORKS FOR YOUR BRAIN

Adaptive Generalists benefit from trying multiple approaches:

- You're not locked into one style
- You can borrow techniques that work
- You build custom hybrid system

STEP 1: CHOOSE ONE STRATEGY TO TEST

Examples from other archetypes:

- Time-Boxing (Anxious Perfectionist, Structured Achiever)
- 80/20 Action Bias (Strategic Planner)

STRATEGY TESTING PROTOCOL

MORE STRATEGIES TO TEST

- Project Rotation (Novelty Seeker)
- Pomodoro + Body Doubling (Chaotic Creative)
- Energy-Aligned Workflow (Flexible Improviser)
- WOOP Planning (Anxious Perfectionist)

Pick ONE to test this week.

Step 2: Define Test Parameters (10 minutes)

TEST DESIGN

- Strategy: [Which technique?]
- Context: [Which situation?]
- Duration: [5-7 days usually]
- Success metric: [How will you know?]

EXAMPLE

Strategy: Pomodoro + Body Doubling

Context: Writing tasks (analytical work)

Duration: 5 days

Success: Complete 3+ writing sessions without procrastination

Step 3: Execute the Test (5-7 days)

Use the strategy consistently in defined context:

- Track daily: Did you use it? How did it feel?
- Note: What worked? What didn't?
- Measure: Did it improve your target metric?

Step 4: Evaluate and Decide (15 minutes)

After test period, evaluate results. See next page.

EVALUATE & BUILD YOUR PLAYBOOK

KEEP IF

- Reduced friction
- Increased output
- Felt sustainable

MODIFY IF

- Partially worked
- Needs tweaking
- Right direction, wrong execution

DISCARD IF

- Felt forced
- No improvement
- Made things worse

Step 5: Build Your Personal Playbook (Ongoing)

Create document: "What Works for Me"

FORMAT

- **Context:** [Situation]
- **Strategy:** [What to do]
- **Why it works:** [Your experience]
- **Tools:** [What helps]

EXAMPLE ENTRY

"When doing analytical work in office with medium energy: Use time-blocking with SunSama. Works because external structure helps focus. Tools: Calendar blocks, noise-cancelling headphones."

WHAT SUCCESS LOOKS LIKE

Month 1: Tested 4-5 strategies, kept 2-3

Month 2: Personal playbook has 8-10 entries

Month 3: You know exactly what to do in most contexts

TIP: Borrow freely from all archetypes. You're not locked into one style.

FRAMEWORK 3 – ADAPTIVE MINIMUM VIABLE ROUTINE

WHAT IT IS

Build smallest possible daily routine that works across ALL contexts and energy states. Foundation that adapts, not rigid structure.

WHY IT WORKS FOR YOUR BRAIN

Adaptive Generalists struggle with:

Rigid routines (feel constraining when context changes)

No routine (creates chaos and inconsistency)

Adaptive minimum routine provides:

- Bare minimum consistency
- Flexibility in HOW you do it
- Sustainability across contexts

Step 1: Define Your Non-Negotiable Minimum (10 min)

Choose 1-2 daily actions that:

- Take <15 minutes each
- Work in ANY context
- Maintain momentum on important work
- Can be done multiple ways

EXAMPLES

- "Make progress on priority project" (not specific method)
- "Capture all ideas/tasks" (flexible tool)
- "Review/plan day" (morning or evening, any format)

MULTIPLE EXECUTION MODES

Step 2: Create Multiple Execution Modes (20 min)

For each minimum, define how to do it in different contexts:

EXAMPLE: "MAKE PROGRESS ON PRIORITY PROJECT"

HIGH ENERGY MODE

- 2-hour deep work session
- Significant progress

MEDIUM ENERGY MODE

- 1 Pomodoro (25 min)
- Moderate progress

LOW ENERGY MODE

- 10 minutes of ANY movement
- Review notes, organize files, plan next session

TRAVEL/CHAOS MODE

- Voice notes about project
- 5 minutes thinking/planning

ALL MODES COUNT AS COMPLETION.

Step 3: Track Completion, Not Method (Daily)

Simple tracker:

- Did you complete minimum? **Yes/No**
- Which mode did you use? **[Method]**
- Energy level when you did it? **[1-10]**

ADAPTIVE ROUTINE SUCCESS & TOOLS

Step 4: Adapt Based on Context (Daily decision)

Each morning/evening:

- What's my energy?
- What's my environment?
- What's my schedule?
- Which execution mode makes sense?

Choose mode that fits, complete minimum, move on.

WHAT SUCCESS LOOKS LIKE

Week 1: You complete minimum 6-7 days using various modes

Week 2: Choosing mode becomes automatic

Week 4: Consistency without rigidity

TIP: *The minimum is the goal. More is bonus, not required.*

YOUR TOP 3 TOOLS

Tools that support adaptability and context-switching.

QUICK COMPARISON

Tool	Best For	Cost	Setup Time	Fit Score
Notion	Context-based system building	\$10/mo	120 min	10/10
Sunsama	Multi-mode daily planning	\$20/mo	30 min	9/10
Complice	Flexible intention tracking	\$8/mo	15 min	9/10

TOOL 1 — NOTION (MULTI-MODAL WORKSPACE)

What it does: Flexible workspace adapts to any workflow

Why it helps YOU: Can be used structured OR flexible depending on context

Best for: Building your personal playbook and context maps

Cost: Free (personal), \$8/month (Plus) · **Fit:** **10/10**

TOOL 2 — SUNSAMA (STRUCTURED PLANNING)

What it does: Daily planning with calendar integration

Why it helps YOU: Use when you need structure (skip when you need flexibility)

Best for: High-structure contexts · **Cost:** \$20/month

TOOL 3 & YOUR FAILURE MODE

TOOL 3 — COMPLICE (FLEXIBLE EXECUTION)

What it does: Daily intentions without rigid scheduling

Why it helps YOU: Use when you need flexibility (skip when you need structure)

Best for: Low-structure contexts

Cost: \$8/month

Learning curve: 10 minutes

Archetype fit: **8/10** — Great for flexible modes

PRODUCTIVITY SYSTEM HOPPING

WHAT IT LOOKS LIKE

- Try GTD for 2 weeks
- Feels great at first, then stops working
- Switch to time-blocking
- Works for a week, then feels constraining
- Try Bullet Journal
- Lasts 3 days
- Conclude: "Nothing works for me"

HOW TO SOLVE IT

WHY IT HAPPENS

You're trying to find **ONE** system for **ALL** contexts. But you're multi-modal—you need **MULTIPLE** systems for **DIFFERENT** contexts.

Step 1: Recognize system-hopping isn't failure

You were correctly sensing "this system doesn't fit this context." You just needed vocabulary for it.

Step 2: Stop looking for one perfect system

You don't need one system. You need:

- **Context map** (which situations?)
- **Strategy toolkit** (which approaches?)
- **Decision framework** (which one when?)

Step 3: Build hybrid approach

Use Strategy Testing Protocol (Framework 2) to:

- Test techniques from multiple systems
- Keep what works in which contexts
- Build YOUR custom playbook

REALITY CHECK

- Your adaptability is **strength**, not weakness
- System-hopping was **data collection**
- Now you organize that data into context-based approach

YOUR 7-DAY PLAN

Goal: Build your context map and personal playbook

Day 1 Context Mapping

GOAL

List your work contexts

✓ Context list complete

ACTION

1. List work types you do (creative, analytical, execution, admin)
2. List project phases, energy states, and environments

Start with just 3 contexts. You can always add more later.

Day 2 Match Approaches

GOAL

For each context, guess which approach might work

✓ Initial map created

ACTION

1. Use Context-Switching Framework to map 5–10 pairs
2. Write down context → approach connections

Guessing is fine — you'll refine through testing.

Day 3 Choose First Test

GOAL

Pick one strategy to experiment with

✓ Test designed and committed

ACTION

1. Choose a strategy from any archetype
2. Define test parameters: context, duration (5–7 days), success metric

Pick what excites you most. There's no wrong choice here.

Days 4–6 Run Your Test

GOAL

Execute chosen strategy consistently

✓ 3 days of testing complete

ACTION

1. Use strategy in your defined context each day
2. Track daily: Did you use it? How did it feel? What worked?

Imperfect testing beats perfect planning. Just try it.

Day 7 Evaluate & Plan

GOAL

Assess test results and plan next steps

✓ Test evaluated, next test chosen

ACTION

1. Evaluate: Keep, modify, or discard the strategy?
2. Add entry to personal playbook if helpful. Choose next strategy to test.

Even discarding a strategy is progress — now you know.

Week 1 Complete!

Context map created + one strategy tested = adaptive system started.

Next: Build your personal playbook over 30 days.

CHOOSE YOUR STARTING POINT

OPTION A: START CONTEXT MAPPING

- List your work contexts (20 min)
- Match initial approaches
- Test one this week

OPTION B: PICK ONE STRATEGY TO TEST

- Browse other archetype playbooks
- Choose one strategy that sounds interesting
- Test it for 5 days in specific context

OPTION C: BUILD ADAPTIVE ROUTINE

- Define 1 daily minimum
- Create 3 execution modes (high/medium/low energy)
- Start tomorrow

YOUR I-PAGE CHEAT SHEET

Keep this accessible. Reference daily for the first 2 weeks.

CORE CHALLENGE

You're not "between" archetypes. You're **multi-modal**. Your productivity shifts based on context. You need multiple systems for different contexts.

YOUR 3 FRAMEWORKS

1. Context-Switching System

Quick win: Map one context type to approach
Time: 5 min context check daily

2. Strategy Testing Protocol

Quick win: Test one new technique for 5–7 days
Time: 5–7 day experiments

3. Adaptive Minimum Viable Routine

Quick win: Create bare minimum routine for any mode
Time: 15–30 min daily minimum

#1 FAILURE MODE

Productivity System Hopping

You're trying to find ONE system for ALL contexts.
Stop looking for one perfect system — build a toolkit instead.

TOP 3 TOOLS

Tool	Cost	Best For
Notion	\$10/mo	Context-based system building
Sunsama	\$20/mo	Multi-mode daily planning
Complice	\$8/mo	Flexible intention tracking

WEEK 1 ACTION PLAN

Mon–Tue: Map your contexts (structure vs. flex?)

Wed–Fri: Match strategies to contexts

Weekend: Document what works in each context

Week 1 Success = Identifying 2–3 distinct contexts and approaches

WHEN YOU GET STUCK

No single system works → That's correct — you need multiple

Keep switching → Test systematically, don't hop

Want one perfect system → Toolkit > System

"Context-switching isn't confusion — it's adaptability."

One system will never work. You need a toolkit. Build yours.

YOU ARE NOT CONFUSED.

Your balanced scores aren't "in between"—they're **multimodal capability**. You adapt to context instead of forcing one approach everywhere.

THIS PLAYBOOK TEACHES YOU

- Map your contexts systematically
- Test strategies from all archetypes
- Build personal playbook through experimentation
- Match strategy to situation

THE GOAL ISN'T TO FIND ONE PERFECT SYSTEM.

The goal is to build your custom adaptive toolkit and know when to use each tool.

NOW GO MAP YOUR CONTEXTS. TODAY.

Questions? Need help building your adaptive system?

Email support@prolificpersonalities.com