



# 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
<hr/>	
Your 3 Core Frameworks	4
<hr/>	
Your Top 3 Tools	15
<hr/>	
Your #1 Failure Mode	17
<hr/>	
Your 7-Day Quick-Start Plan	19
<hr/>	
Your 1-Page Cheat Sheet	21
<hr/>	
Your Complete Resource Library	22
<hr/>	

# 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:	<b>BALANCED (40-60%)</b> — Can work structured OR flexibly
Motivation:	<b>BALANCED (40-60%)</b> — Responds to internal AND external motivators
Focus:	<b>BALANCED (40-60%)</b> — Can zoom in on details OR see big picture
Task Relationship:	<b>BALANCED (40-60%)</b> — 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.

Without System	With System
<ol style="list-style-type: none"><li>1 Try GTD for 2 weeks, then abandon it</li><li>2 Switch to time-blocking — feels constraining after a week</li><li>3 Try Bullet Journal — lasts 3 days</li><li>4 Conclude: "Nothing works for me"</li><li>5 Force one system for ALL contexts</li><li>6 Feel like a productivity failure</li></ol>	<ol style="list-style-type: none"><li>1 Map your contexts systematically</li><li>2 Match strategies to specific situations</li><li>3 Test approaches from all archetypes</li><li>4 Build a custom adaptive toolkit</li><li>5 Choose the right approach per context</li><li>6 Your adaptability becomes a superpower</li></ol>

# 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

Flexible time blocks, no rigid schedule

### TOOLS

Notion for capture, music, long uninterrupted sessions

### STRUCTURE

Minimal (just capture ideas and make progress)

## ANALYTICAL WORK + MEDIUM ENERGY + OFFICE

### APPROACH

Structured time-blocking, detailed planning

### TOOLS

Spreadsheets, calendar blocks, Sunsama

### STRUCTURE

High (specific tasks, specific times)

## ADMINISTRATIVE WORK + LOW ENERGY + ANYWHERE

### APPROACH

Batch processing with timer

### TOOLS

Email templates, Pomodoro, automation

### STRUCTURE

Medium (group similar tasks, time-box)

## EXECUTION WORK + HIGH ENERGY + COFFEE SHOP

### APPROACH

Body doubling (social accountability)

### TOOLS

Focusmate or in-person coworking

### STRUCTURE

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
Complce	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

### ACTION

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

✓ Context list complete

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

## Day 2 Match Approaches

### GOAL

For each context, guess which approach might work

### ACTION

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

✓ Initial map created

*Guessing is fine — you'll refine through testing.*

## Day 3 Choose First Test

### GOAL

Pick one strategy to experiment with

### ACTION

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

✓ Test designed and committed

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

## Days 4–6 Run Your Test

### GOAL

Execute chosen strategy consistently

### ACTION

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

✓ 3 days of testing complete

*Imperfect testing beats perfect planning. Just try it.*

## Day 7 Evaluate & Plan

### GOAL

Assess test results and plan next steps

### ACTION

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

✓ Test evaluated, next test chosen

*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 1-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
Complix	\$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.

FINAL REMINDER

# YOU ARE NOT CONFUSED.

---

Your balanced scores aren't "in between"—they're **multi-modal 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](mailto:support@prolificpersonalities.com)