ADAPTIVE GENERALIST

COMPLETE PLAYBOOK

FLOW FROM PRODUCTIVITY CONFUSION TO ADAPTIVE CLARITY

Your personalized roadmap for context-based productivity and building your custom playbook

PROLIFIC PERSONALITIES

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For People With Balanced/Mid-Range Scores on Multiple Axes

YOUR RESULTS: ADAPTIVE GENERALIST

What this means:

You scored in the **BALANCED range (40-60%)** on most or all productivity axes.

This means:

- You don't strongly prefer one approach over another
- You're highly adaptable (context-dependent productivity)
- You can work in multiple styles depending on situation
- You're either still discovering your optimal style OR you're genuinely a productivity chameleon

This is NOT a flaw. This is a different kind of productivity profile.

THE ADAPTIVE GENERALIST PROFILE

Your Scores:

Structure: ___ **(Balanced)** - Can work structured OR flexibly
Motivation: ___ **(Balanced)** - Responds to internal AND external motivators
Focus: ___ **(Balanced)** - Can zoom in on details OR see big picture
Task: ___ **(Balanced)** - Can plan AND execute equally well

Interpretation:

You're not "in between" archetypes.
You're **multi-modal** - able to shift approaches based on context.

Your superpower: Adaptability
Your challenge: No single "default" approach that always works

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SECTION 1: THE 3 ADAPTIVE FRAMEWORKS

FRAMEWORK #1: THE CONTEXT-SWITCHING SYSTEM

Why This Matters for You

Traditional productivity advice:

- "Find YOUR system and stick to it"
- "Consistency is key"
- "One approach for everything"

For Adaptive Generalists:

- Different projects need different approaches
- Your energy/context varies significantly
- One-size-fits-all doesn't fit YOU

Your framework: Match approach to context (not force one approach everywhere).

The Four Context Variables

1. PROJECT TYPE

Different projects require different modes:

Creative Projects (writing, design, art):

- Need: Flexibility, space for exploration, inspiration time
- Approach: Flexible Improviser style
- Structure: Minimal, burst-friendly

Analytical Projects (data, research, strategy):

- Need: Deep focus, systematic approach, thoroughness
- Approach: Strategic Planner style
- Structure: High, organized, planned

Execution Projects (implementation, building, doing):

- Need: Clear tasks, momentum, completion
- Approach: Structured Achiever style
- Structure: Medium, checklist-driven

Exploratory Projects (learning, experimenting, variety):

- Need: Novelty, rotation, multiple angles
- Approach: Novelty Seeker style
- Structure: Low, variety-focused

2. ENERGY STATE

Your approach should match your current energy:

High Energy Days (7-10/10):

- Use: Chaotic Creative burst methods
- Work: 2-3 intense sprints (90 min each)
- Focus: Challenging, creative work

Medium Energy Days (4-6/10):

- Use: Structured Achiever methods
- Work: Steady, systematic tasks
- Focus: Routine, checklist items

Low Energy Days (1-3/10):

- Use: Flexible Improviser approach
- Work: Optional, light tasks only
- Focus: Rest and recovery

3. PRESSURE LEVEL

External pressure changes optimal approach:

High Pressure (deadline tomorrow):

- Use: Anxious Perfectionist anti-perfectionism tactics

- Time-box everything
- "Good enough" > Perfect
- Ship imperfect work

Medium Pressure (deadline next week):

- Use: Strategic Planner approach
- Plan then execute
- Balance quality and speed

Low Pressure (no urgent deadline):

- Use: Novelty Seeker variety methods
- Explore different angles
- Prioritize learning over speed

4. CLARITY LEVEL

How clear are requirements?

High Clarity (know exactly what to do):

- Use: Structured Achiever execution
- Just do it
- Checklist mode

Medium Clarity (some unknowns):

- Use: Strategic Planner style
- Research → Plan → Execute
- Iterate as you learn

Low Clarity (very ambiguous):

- Use: Chaotic Creative exploration
- Experiment broadly
- Rapid prototyping
- Discover through doing

How to Implement: The Context Assessment Protocol

Before starting any work session:

5-Minute Context Check:

PROJECT TYPE:
☐ Creative ☐ Analytical ☐ Execution ☐ Exploratory

ENERGY LEVEL (1-10): ___

PRESSURE LEVEL:
☐ High (urgent) ☐ Medium ☐ Low (flexible)

CLARITY LEVEL:
☐ High (clear) ☐ Medium ☐ Low (ambiguous)

RECOMMENDED APPROACH: _____
(Based on above answers)

Decision Matrix

Project Type	Energy	Pressure	Clarity	Recommended Approach
Creative	High	Low	Low	Chaotic Creative (bursts)
Analytical	Medium	Medium	High	Strategic Planner (plan-execute)
Execution	High	High	High	Structured Achiever (checklist blitz)
Exploratory	Medium	Low	Medium	Novelty Seeker (rotate experiments)
Any	Low	Any	Any	Flexible Improviser (minimal, optional)
Any	High	High	Medium	Time-boxed Anxious Perfectionist (prevent overthinking)

Mix and match based on YOUR current context.

Example Day Using Context-Switching

Morning (High Energy + Creative Project + Low Pressure + Low Clarity):

- Use: Chaotic Creative burst approach
- 90-min exploration sprint on new concept
- No structure, just flow
- Capture ideas as they come

Afternoon (Medium Energy + Execution Project + High Pressure + High Clarity):

- Use: Structured Achiever checklist mode
- Time block 2 hours
- Work through checklist systematically
- Ship finished items

Evening (Low Energy):

- Use: Flexible Improviser rest protocol
- Optional light work or rest entirely
- No guilt

Three different approaches in one day = Context-matched productivity.

FRAMEWORK #2: THE EXPERIMENTATION SYSTEM

Why Experimentation Matters

As an Adaptive Generalist:

- You haven't found "your way" yet, OR
- You genuinely shift based on context

Either way: Experimentation reveals what works when.

Goal: Build a personal playbook through testing.

The 4-Week Discovery Protocol

Week 1: Chaotic Creative Method

Test: Burst-container approach

- Work in 90-min sprints when energy hits
- Maximum 3 sprints per day
- Idea capture via voice memos

- No schedules, honor bursts

Track:

- Energy bursts frequency: ___ per week
- Bursts contained (didn't overwork): ___ times
- Projects progressed: ___
- How it felt (1-10): ___

Reflection:

- What worked: _____
- What didn't: _____
- When this might work: _____

Week 2: Structured Achiever Method

Test: Systematic checklist approach

- Time-block entire week (Monday planning)
- Daily checklist (work through sequentially)
- Track time spent on each task
- Protect deep work blocks

Track:

- Checklists completed: ___/7 days
- Deep work blocks protected: ___
- Projects progressed: ___
- How it felt (1-10): ___

Reflection:

- What worked: _____
- What didn't: _____
- When this might work: _____

Week 3: Strategic Planner Method

Test: Plan-then-execute approach

- Sunday: 90-min planning session (week ahead)
- Daily: 10-min plan review
- Execute according to plan
- Evening: Plan adjustment

Track:

- Planning time: ___% of total
- Execution time: ___% of total
- Plans followed: ___% (or adjusted?)
- How it felt (1-10): ___

Reflection:

- What worked: _____
- What didn't: _____
- When this might work: _____

Week 4: Flexible Improviser Method

Test: Energy-aligned optional approach

- Track energy throughout day
- Work only during 7+ energy windows
- 90-min sprints with breaks
- Rest during low energy (no guilt)

Track:

- High-energy windows identified: ___
- Sprints during high energy: ___
- Forced work during low energy: ___ (goal: 0)
- How it felt (1-10): ___

Reflection:

- What worked: _____
- What didn't: _____
- When this might work: _____

Post-Experimentation Analysis

After 4 weeks, compare:

Method	Enjoyment (1-10)	Productivity (1-10)	Sustainability (1-10)	Best For
Chaotic Creative	___	___	___	_____
Structured Achiever	___	___	___	_____
Strategic Planner	___	___	___	_____
Flexible Improviser	___	___	___	_____

Key Insights:

Highest overall score: _____
→ This is your DEFAULT approach (when unsure)

Highest enjoyment: _____
→ Use for intrinsically motivating work

Highest productivity: _____
→ Use for high-pressure deadlines

Highest sustainability: _____
→ Use for long-term projects

Building Your Custom Context Map

Based on 4-week experimentation:

MY CONTEXT-APPROACH MAP

When project is CREATIVE:
→ Use: _____ method (from experiments)

When energy is HIGH:
→ Use: _____ method

When pressure is HIGH:
→ Use: _____ method

When clarity is LOW:
→ Use: _____ method

DEFAULT (when nothing urgent):
→ Use: _____ method (highest overall score)

This is YOUR custom playbook.

FRAMEWORK #3: THE MODULAR TOOL STACK

Why Modular Matters

Most archetypes: One coherent tool stack

Adaptive Generalists: Different tools for different contexts

Your stack: Mix and match based on current mode.

Core Foundation (Always Available)

1. Capture System - Voice Memos or Evernote
Purpose: Capture ideas/tasks regardless of mode
Always on: Yes

2. Calendar - Google Calendar or Fantastical
Purpose: Time commitments (meetings, deadlines)
Always on: Yes

3. Notes - Notion, Obsidian, or Apple Notes
Purpose: Reference material, knowledge base
Always on: Yes

Mode-Specific Tools (Activate as Needed)

Creative Mode Tools:

When using Chaotic Creative approach:

- Trello or Milanote (visual brainstorming)
- Forest App (burst focus)
- Physical notebook (idea dumping)

Setup time: <10 minutes
Maintenance: Minimal (weekly cleanup)

Structured Mode Tools:

When using Structured Achiever approach:

- Todoist or Things (task management)
- Toggl or RescueTime (time tracking)
- Google Calendar (time blocking)

Setup time: 30 minutes (once)
Maintenance: Daily (5 min check-ins)

Strategic Mode Tools:

When using Strategic Planner approach:

- Notion or Asana (project planning)
- Obsidian or Roam (strategic thinking notes)
- Spreadsheets (data/analysis)

Setup time: 1-2 hours (detailed setup)
Maintenance: Weekly (planning sessions)

Flexible Mode Tools:

When using Flexible Improviser approach:

- Voice Memos (quick capture)
- Simple checklist (paper or Keep)
- Forest App (variable duration focus)

Setup time: 0 minutes
Maintenance: Weekly (15-min brain dump)

Tool Activation Protocol

Monday Morning (Weekly Planning - 15 min):

Ask: "What's my primary mode this week?"

If mostly creative projects:

- Activate: Creative mode tools
- Deactivate: Structured/Strategic tools (reduces clutter)

If mostly execution/deadline work:

- Activate: Structured mode tools
- Deactivate: Creative tools

If mostly planning/strategy:

- Activate: Strategic mode tools
- Deactivate: Others

If mixed/unclear:

- Keep: Core Foundation only
- Add mode-specific tools as needed daily

The "Minimal at All Times" Principle

Active tools at any moment: 3-5 maximum

Not:

- 10 tools open simultaneously (overwhelm)

Instead:

- Core 3 (Capture, Calendar, Notes) + 1-2 mode-specific

Example:

Creative Week:

- Core: Voice Memos, Google Calendar, Notion
- Mode: Trello, Forest App
- Total: 5 tools

Structured Week:

- Core: Voice Memos, Google Calendar, Notion
- Mode: Todoist, Toggl
- Total: 5 tools

Same core, different mode tools = Adaptable without complexity.

Quarterly Tool Audit

Every 3 months (30 min):

For each tool, ask:

1. Have I used this in last 30 days? Y/N
2. Does it support my actual work? Y/N
3. Maintenance burden (1-10): ___
4. Value provided (1-10): ___

If:

- Not used in 30 days → Delete
- Maintenance > Value → Simplify or delete
- Value high, maintenance low → Keep

Goal: Lean, effective tool stack (not tool bloat).

SECTION 2: TOOL RECOMMENDATIONS FOR ADAPTIVE GENERALISTS

Your Tool Philosophy

Core principle: Modularity over integration

Unlike single-archetype users:

- You need tools that adapt to different modes
- Can't commit to one elaborate system
- Need quick setup/teardown for context switches

TIER 1: UNIVERSAL FOUNDATION (Always Active)

1. Capture System

Option A: Voice Memos (Free, built-in)
Best for: Quick capture while moving
Strength: Zero friction, fastest input
Limitation: Requires weekly processing

Option B: Evernote (Free-$10/mo)
Best for: Quick capture + basic organization
Strength: Cross-platform, web clipper, search
Limitation: Can become cluttered

Recommendation: Use both

- Voice Memos for immediate capture
- Evernote for processing + reference

2. Calendar

Option A: Google Calendar (Free)
Best for: Cross-platform, integrations
Strength: Universal, reliable, free

Option B: Fantastical (Free-$5/mo, Apple only)
Best for: Natural language, beautiful UI
Strength: Fast entry, great design

Recommendation: Google Calendar
Reason: Platform agnostic, works with all tools

3. Knowledge Base

Option A: Notion (Free-$10/mo)
Best for: Everything in one place
Strength: Databases, templates, flexible
Limitation: Can over-build

Option B: Obsidian (Free)
Best for: Networked thinking, local storage
Strength: Markdown, future-proof, customizable
Limitation: Steeper learning curve

Option C: Apple Notes (Free, Apple only)
Best for: Simplicity, speed
Strength: Fast, native, iCloud sync
Limitation: Limited features

Recommendation: Start with Apple Notes (if Apple user) or Notion
Reason: Low barrier to entry, grow into it

TIER 2: MODE-SPECIFIC TOOLS (Activate as Needed)

Creative Mode Stack

Visual Organization:

- **Trello** (Free-$5/mo) - Kanban boards for visual workflow
- **Milanote** (Free-$10/mo) - Visual workspace for creatives

Focus Support:

- **Forest App** ($2 one-time) - Gamified Pomodoro
- **Brain.fm** ($10/mo) - Focus music

Best for: Brainstorming, ideation, exploratory work

Structured Mode Stack

Task Management:

- **Todoist** (Free-$4/mo) - Clean, reliable task lists
- **Things 3** ($50 one-time, Apple only) - Beautiful, native

Time Management:

- **Toggl** (Free-$10/mo) - Simple time tracking
- **RescueTime** (Free-$12/mo) - Automatic tracking

Best for: Execution sprints, deadline pushes, systematic work

Strategic Mode Stack

Planning Tools:

- **Notion** or **Asana** (Free-$11/mo) - Project planning
- **Obsidian** or **Roam** (Free-$15/mo) - Strategic thinking notes

Analysis Tools:

- **Google Sheets** (Free) - Data analysis, tracking
- **Airtable** (Free-$10/mo) - Database for complex projects

Best for: Long-term planning, strategy work, complex projects

Flexible Mode Stack

Minimal Tools:

- **Voice Memos** (Free) - Capture only

- **Google Keep** (Free) - Simple notes
- **Forest App** ($2) - Variable duration focus

Best for: Low-energy days, optional work, exploration

TIER 3: SPECIALTY TOOLS (Optional)

For High-Pressure Situations:

Distraction Blocking:

- **Freedom** ($9/mo) - Block websites/apps across devices
- **Cold Turkey** (Free-$39) - Extreme blocking (can't bypass)

Use when: Deadline tomorrow, need forced focus

For Collaboration:

Team Communication:

- **Slack** (Free-$8/mo) - Team chat
- **Notion** (Free-$10/mo) - Shared docs/databases

Use when: Working with others, need shared space

For Accountability:

Social Accountability:

- **Focusmate** (Free-$5/mo) - 50-min video coworking
- Text buddy (Free) - Daily check-ins with friend

Use when: Motivation low, need external structure

YOUR ADAPTIVE TOOL MATRIX

Context	Primary Tool	Secondary Tool	Optional
Creative Week	Trello	Forest App	Brain.fm
Structured Week	Todoist	Toggl	RescueTime
Strategic Week	Notion	Obsidian	Sheets
Flexible Week	Voice Memos	Google Keep	-
High Pressure	Time blocking	Freedom	Cold Turkey
Low Energy	Voice Memos only	-	-

+ Core 3 always: Capture, Calendar, Knowledge Base

Implementation: Weekly Tool Selection

Every Sunday (5 minutes):

1. Review week ahead:

- What's the primary work type? _____
- What's my predicted energy? _____
- Any high-pressure deadlines? _____

2. Select mode:

- Creative / Structured / Strategic / Flexible

3. Activate mode tools:

- Open/install mode-specific tools
- Close/hide tools for other modes

4. Set up workspace:

- Bookmarks for this mode
- Desktop organized for this mode

One-time setup, automatic for rest of week.

Anti-Recommendations (Avoid These)

❌ Avoid: Rigid All-in-One Systems

Examples: Fully customized Notion dashboards, elaborate OmniFocus setups

Why: These assume one approach always. You need flexibility.

❌ Avoid: Habit Trackers with Streaks

Examples: Habitica, Streaks, Loop

Why: Force daily consistency. You're context-dependent (some days structured, some flexible).

❌ Avoid: Multiple Tools in Same Category

Example: Using Todoist + Things + TickTick simultaneously

Why: Creates overhead without benefit. Pick ONE per mode.

Tool Budget Recommendations

Minimal Budget ($0-10/month):

- Core: Free tools (Voice Memos, Google Calendar, Google Keep)
- Mode: Todoist free, Trello free, Notion free
- **Total: $0-2/mo** (Forest App one-time $2)

Standard Budget ($10-30/month):

- Core: Notion ($10), Google Calendar (free)
- Mode: Todoist ($4), Brain.fm ($10), Evernote ($10)
- **Total: $24/mo**

Premium Budget ($30-50/month):

- Core: Notion ($10), Fantastical ($5)
- Mode: Asana ($11), Brain.fm ($10), RescueTime ($12), Freedom ($9)

- **Total: $57/mo**

Recommendation: Start minimal, add tools as you confirm they help specific modes.

SECTION 3: 30-DAY ADAPTIVE DISCOVERY PLAN

Goal: Find Your Context Patterns

This is NOT:

- A productivity challenge
- A rigid program
- One approach forced

This IS:

- An exploration journey
- Finding what works when
- Building your custom playbook

WEEK 1: BASELINE AWARENESS (Days 1-7)

Goal: Understand your current patterns (no changes yet)

Daily Protocol (5 min morning + evening):

Morning:

Today's Context Assessment:

Energy (1-10): ___
Main project type: ☐ Creative ☐ Analytical ☐ Execution ☐ Exploratory
Pressure level: ☐ High ☐ Medium ☐ Low
Clarity level: ☐ High ☐ Medium ☐ Low

Predicted best approach: _____

During day:

- Work however you naturally would (no forced method)
- Notice when you're most productive
- Notice when you struggle

Evening:

What Happened Today:

Actual work approach used: _____
Productivity (1-10): ___
Energy after work (1-10): ___
What worked: _____
What didn't work: _____

Day 7: Week 1 Analysis (30 min)

Review all 7 days:

Patterns noticed:

- Best energy times: _____
- Best productivity on: _____ type projects
- Struggled most with: _____
- Most common pressure level: _____

Hypotheses:

- I might work best when: _____
- I might need: _____ (structure/flexibility/variety)
- My optimal approach might be: _____

Week 2 Experiment: Test _____ method

WEEK 2-4: STRUCTURED EXPERIMENTATION (Days 8-28)

Each week, test ONE archetype method completely:

Week 2: Test Method #1

Choose from:

- Chaotic Creative (if you noticed burst energy patterns)
- Structured Achiever (if you crave more organization)
- Strategic Planner (if you love planning but struggle with execution)
- Flexible Improviser (if energy varies significantly day-to-day)

Commit: Follow this ONE method fully for 7 days

Daily Check:

Method being tested: _____

Today's adherence (1-10): ___
Enjoyment (1-10): ___
Productivity (1-10): ___
Sustainability feeling (1-10): ___

Notes: _____

Day 14: Week 2 Analysis

- Overall scores (avg): Adherence ___ Enjoyment ___ Productivity ___ Sustainability ___
- Best days using this method: _____ (why?)
- Worst days: _____ (why?)
- Keep/discard this method: _____

Week 3: Test Method #2

Choose DIFFERENT method than Week 2

Same daily protocol

Day 21: Week 3 Analysis

- Compare to Week 2 method
- Which felt better overall?
- When did each work best?

Week 4: Test Method #3

Third distinct method

Day 28: Week 4 Analysis

- Compare all three methods tested
- Rank by overall fit
- Identify when each worked best

DAY 29-30: INTEGRATION & CUSTOM PLAYBOOK CREATION

Day 29: Data Synthesis (1 hour)

Compare All Methods Tested:

Method	Enjoyment	Productivity	Sustainability	Best Context
Week 1 (baseline)	___	___	___	_____
Week 2 (method 1)	___	___	___	_____
Week 3 (method 2)	___	___	___	_____
Week 4 (method 3)	___	___	___	_____

Key Findings:

Default method: _____ (highest overall scores)
Use when: Context unclear, low pressure

High-pressure method: _____ (best productivity)
Use when: Deadlines, urgency, need output

High-energy method: _____ (most enjoyable)
Use when: Motivated, inspired, energized

Low-energy method: _____ (most sustainable)
Use when: Tired, depleted, need gentle approach

Day 30: Build Your Custom Playbook (1 hour)

Create Your Context-Approach Map:

MY ADAPTIVE PRODUCTIVITY PLAYBOOK

DEFAULT APPROACH (when unsure):
Method: _____
Why: _____
Core tools: _____

CREATIVE PROJECTS:
Method: _____
Tools: _____

ANALYTICAL PROJECTS:
Method: _____
Tools: _____

EXECUTION PROJECTS:
Method: _____
Tools: _____

HIGH-PRESSURE SITUATIONS:
Method: _____
Tools: _____

LOW-ENERGY DAYS:
Method: _____
Tools: _____

HIGH-ENERGY BURSTS:
Method: _____
Tools: _____

This is YOUR custom productivity system.
Built from experimentation, tailored to you.

POST-30 DAYS: REFINEMENT PHASE

Month 2: Practice Context-Switching

Now that you know your approaches:

Weekly (10 min):

- Review week ahead
- Identify primary contexts
- Select appropriate method(s)
- Activate relevant tools

Daily (5 min):

- Morning: Context check, choose method
- Evening: Reflect on whether method matched context

Goal: Get faster at recognizing context and switching methods.

Month 3: Optimize and Refine

By Month 3:

- Context recognition becomes automatic
- Method selection intuitive
- Tool activation seamless

Continue:

- Quarterly re-assessment (is context map still accurate?)
- Add new methods as needed
- Simplify/remove what's not working

SUCCESS METRICS

30-Day Goals:

✅ Tested 3+ different productivity methods
✅ Identified best approach for 4+ contexts
✅ Created custom context-approach map
✅ Can consciously switch methods based on context
✅ Tool stack adapts to current mode

90-Day Goals:

✅ Context recognition automatic
✅ Method switching seamless
✅ Productivity sustained across different contexts
✅ No "one-size-fits-all" frustration
✅ Confident in adaptive approach

SECTION 4: COMMON ADAPTIVE GENERALIST CHALLENGES

Challenge #1: "Am I Just Indecisive?"

Fear: "Maybe I'm just unable to commit to one approach."

Reality: Being adaptive ≠ Being indecisive

Evidence:

- You're responding to REAL context differences
- Different projects genuinely need different approaches
- Research supports context-dependent productivity

Reframe:

- Indecisive = Can't choose
- Adaptive = Choose based on context

You're not avoiding commitment. You're matching method to situation.

Challenge #2: Tool Overwhelm

Problem: "If I need different tools for different contexts, won't I have too many tools?"

Solution: The Modular Stack Principle

NOT:

- 15 tools active simultaneously

YES:

- 3 core tools (always)
- 2-3 mode-specific tools (activated for current mode only)
- 5-6 total active at any time

Example:

Creative Week:

- Core: Voice Memos, Calendar, Notion (3)
- Mode: Trello, Forest App (2)
- **Total: 5 tools active**

Structured Week:

- Core: Voice Memos, Calendar, Notion (3)
- Mode: Todoist, Toggl (2)
- **Total: 5 tools active** (same number, different tools)

Weekly tool switching ≠ Tool overwhelm

Challenge #3: Explaining Your Approach to Others

Problem: "How do I explain 'I work differently based on context' to my team/manager?"

Script:

"I've discovered I'm most productive when I match my approach to the project type. For strategic work, I plan extensively first. For execution tasks, I use systematic checklists. For creative projects, I work in focused bursts. This flexibility allows me to deliver consistently across different types of work."

Focus on results, not process:

- "I adapt my workflow to maximize quality"
- "Different projects get different approaches"
- "This ensures I'm always using the most effective method"

Challenge #4: Imposter Syndrome

Thought: "Real productive people have ONE system that works."

Counterargument:

Research shows:

- High performers adapt strategies to context (expertise research)
- Elite athletes use different training methods for different goals
- Successful writers use different processes for different genres

Examples:

- Stephen King: Fiction vs. Non-fiction (different approaches)
- Elon Musk: SpaceX vs. Tesla (context-dependent management)
- Athletes: Training vs. Competition (mode-switching)

Being adaptive = Being sophisticated, not confused.

Challenge #5: "What If I'm Just Not Discovering My True Style?"

Fear: "Maybe I haven't found MY method yet. Should I keep searching?"

Two possibilities:

A) You genuinely ARE adaptive:

- Different contexts do need different approaches for you
- Your "true style" IS adaptability
- This is valid and valuable

B) You haven't found your style yet:

- 4-week experimentation will reveal preferences
- Strongest preferences emerge through testing
- That's okay - takes time

Either way:

- 30-day protocol gives you data
- After testing, you'll know which it is
- Both outcomes are productive

Challenge #6: Analysis Paralysis from Too Many Options

Problem: "With multiple methods available, I overthink which to use."

Solution: Decision Rules

Create automatic triggers:

IF project is creative AND energy is high:
→ Use Chaotic Creative burst method (no thinking required)

IF deadline is tomorrow AND clarity is high:
→ Use time-boxed execution method (automatic choice)

IF energy is low (< 5/10):
→ Use Flexible Improviser rest protocol (no guilt)

Automation through rules = No decision fatigue.

After 4-week experimentation, these rules become intuitive.

SECTION 5: ADAPTIVE GENERALIST CASE STUDIES

CASE STUDY #1: SARAH - THE CONTEXT-SWITCHING CONSULTANT

Background:

Age: 34
Occupation: Independent consultant
Assessment results: All scores 45-55% (perfectly balanced)

Her challenge:

"I work with different clients on different types of projects. Some need strategic planning, some need hands-on execution, some need creative problem-solving. I couldn't find ONE productivity system that worked for all of them.

Every system I tried felt wrong 50% of the time."

Her Discovery:

Week 1 Baseline:

- Monday-Tuesday (Strategic client): Loved planning, felt productive
- Wednesday (Execution client): Planning felt like procrastination, wanted to just DO
- Thursday-Friday (Creative client): Any structure felt constraining

Insight: "My productivity needs change based on the CLIENT, not just my mood."

Her Solution: Client-Based Mode System

Client A (Strategy firm):

- Mode: Strategic Planner

- Tools: Notion for planning, Obsidian for strategic thinking
- Approach: Sunday planning, daily execution

Client B (Implementation project):

- Mode: Structured Achiever
- Tools: Todoist checklist, Toggl tracking
- Approach: Time-blocked execution days

Client C (Creative agency):

- Mode: Chaotic Creative
- Tools: Trello for brainstorming, Forest for bursts
- Approach: Burst work when inspired, capture ideas constantly

Results (6 months):

Before adaptive approach:

- Felt productive: 40% of time
- Client satisfaction: 7/10 average
- Stress level: 8/10 (constant method confusion)

After adaptive approach:

- Felt productive: 80% of time
- Client satisfaction: 9/10 average
- Stress level: 4/10 (clarity on when to use what)

Key learning:

"I'm not confused. I'm context-dependent. Different clients need me to work differently. Having multiple 'modes' isn't a weakness - it's how I serve diverse clients well."

CASE STUDY #2: MARCUS - THE ROLE-SWITCHING FOUNDER

Background:

Age: 29
Occupation: Startup founder
Assessment results: 48-52% on all axes

His challenge:

"As a founder, I wear many hats. Monday I'm the strategist (planning roadmap). Tuesday I'm the builder (coding features). Wednesday I'm the marketer (creating content). Thursday I'm managing people.

Every productivity guru told me to 'focus on one thing' or 'batch similar tasks.' But my roles are fundamentally different. They can't all use the same approach."

His Discovery:

Week 2-4 Experimentation:

Strategic work (roadmap, fundraising):

- Best method: Strategic Planner
- Why: Needs big-picture thinking, careful planning

Building work (coding, product):

- Best method: Structured Achiever
- Why: Needs focused deep work blocks, systematic approach

Creative work (marketing, content):

- Best method: Flexible Improviser
- Why: Needs inspiration, can't force creativity

People work (management, team):

- Best method: Blend (scheduled but flexible)
- Why: Needs structure for meetings, flexibility for conversations

His Solution: Day-of-Week Role Batching

MARCUS'S WEEKLY STRUCTURE:

MONDAY (Strategy Day):
Mode: Strategic Planner
Tools: Notion, Obsidian
Focus: Roadmap, fundraising, partnerships

TUESDAY-THURSDAY (Builder Days):
Mode: Structured Achiever
Tools: Todoist, Toggl, GitHub
Focus: Deep work coding sprints

FRIDAY (Marketing Day):
Mode: Flexible Improviser
Tools: Trello, Voice Memos, Canva
Focus: Content creation, social media

WEEKEND:
Mode: Rest / Optional creative exploration

Results (3 months):

Before:

- Felt scattered: Daily
- Context-switching cost: 2+ hours/day
- Progress on strategic goals: Slow

After:

- Felt focused: 90% of days
- Context-switching reduced: Same mode all day
- Progress on strategic goals: 3x faster

Key learning:

"I don't need to 'focus on one thing.' I need to use the right approach for each role. Monday's strategic thinking requires different tools and mindset than Tuesday's coding. Batching by role AND matching approach to role = Productivity unlocked."

CASE STUDY #3: JENNIFER - THE RECOVERING "System Hopper"

Background:

Age: 41
Occupation: Writer and teacher
Assessment results: 42-58% on all axes

Her challenge:

"For 10 years, I've tried every productivity system:

- GTD (too complex)
- Bullet Journal (too time-consuming)
- Time blocking (too rigid)
- Pomodoro (too structured)
- 'Just do it' (too chaotic)

Each worked for 2-3 weeks, then failed. I thought I was broken.

Maybe I'm just not a 'systems person'?"

Her Discovery:

Week 1 Baseline Tracking:

Teaching days (structured external schedule):

- Loved having clear schedule
- Felt productive with time blocks
- Structured Achiever approach worked perfectly

Writing days (no external structure):

- Hated rigid schedule
- Felt constrained by time blocks
- Flexible Improviser approach worked better

Insight: "I'm not 'broken.' The systems worked - just not ALL THE TIME. I needed different systems for different days."

Her Solution: Day-Type Method Switching

Teaching Days (Mon/Wed/Fri):

- Method: Structured Achiever
- Tools: Google Calendar (time blocked), Todoist (prep checklists)
- Mindset: "Show up, follow schedule"

Writing Days (Tue/Thu):

- Method: Flexible Improviser
- Tools: Voice Memos (idea capture), Scrivener (writing)
- Mindset: "Write when energy is high, rest when it's not"

Weekends:

- Method: Flexible (whatever feels right)
- Tools: Minimal
- Mindset: "Recovery and optional exploration"

Results (4 months):

Novel progress:

- Before: 15,000 words in 10 years (1,500/year)
- After: 45,000 words in 4 months (135,000/year pace!)

Teaching quality:

- Before: Felt scattered, forgot materials
- After: Prepared, organized, confident

System adherence:

- Before: Abandoned every system within 3 weeks
- After: 4 months using dual-method approach (sustainable!)

Key learning:

"I'm not a system hopper because I'm undisciplined. I'm a system hopper because I was trying to force ONE system onto TWO completely different types of days.

Teaching days need structure (external schedule demands it). Writing days need flexibility (creativity can't be forced).

Using BOTH approaches = Finally sustainable. I'm not broken. I'm adaptive."

COMMON THREADS ACROSS ADAPTIVE GENERALIST SUCCESS STORIES

What Worked:

1. **Stopped searching for "THE" system**
   o Recognized they needed multiple approaches
   o Accepted adaptability as valid
2. **Context-based method selection**
   o Matched approach to project/role/day type
   o Created decision rules (automatic switching)
3. **Modular tool stacks**
   o Core tools always available
   o Mode-specific tools activated as needed
   o Kept total active tools low (5-6)
4. **Self-compassion**
   o Stopped calling themselves "broken" or "indecisive"
   o Reframed as sophisticated and adaptive
   o Celebrated flexibility as strength

What Didn't Work (Before):

1. Forcing single system onto all contexts
2. Feeling guilty about "not being consistent"
3. Tool hopping (trying to find perfect tool)
4. Comparing themselves to single-mode people

SECTION 6: THE RESEARCH ON ADAPTABILITY

Why Adaptive Approaches Work

1. Context-Dependent Performance (Situational Leadership Theory)

Research: Hersey & Blanchard (1969)

Finding: Effective leadership (and productivity) requires adapting style to situation.

Four situations require four approaches:

- High competence + low commitment → Support approach
- Low competence + high commitment → Direct approach
- High competence + high commitment → Delegate approach
- Low competence + low commitment → Coach approach

Application to productivity:

Different projects = Different situations = Different approaches needed

Citation: Hersey, P., & Blanchard, K. H. (1969). "Life cycle theory of leadership." *Training & Development Journal, 23*(5), 26-34.

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2. Cognitive Flexibility Theory

Research: Spiro et al. (1988)

Finding: Ability to restructure knowledge based on context predicts expertise.

Rigid thinking: Single approach, inflexible application
Flexible thinking: Multiple approaches, context-adapted application

Experts demonstrate: High cognitive flexibility (not rigid adherence)

Application to productivity:

Adaptive Generalists show EXPERT pattern: Multiple approaches available, context-selected.

Citation: Spiro, R. J., et al. (1988). "Cognitive flexibility theory." *Advances in Instructional Psychology.*

3. Self-Determination Theory and Autonomy

Research: Deci & Ryan (1985)

Finding: Perceived choice increases intrinsic motivation.

For Adaptive Generalists:

Having multiple methods available = Increased perceived autonomy

"I can choose the right approach for this context" = Higher motivation than "I must use this system always"

Citation: Deci, E. L., & Ryan, R. M. (1985). *Intrinsic Motivation and Self-Determination in Human Behavior.* Plenum Press.

4. Optimal Stimulation Theory

Research: Berlyne (1960)

Finding: People have varying optimal stimulation levels.

Some people: Prefer consistency (low stimulation need)
Other people: Prefer variety (high stimulation need)
Adaptive Generalists: Medium stimulation need = Variety within structure

Multiple methods = Stimulation variety without chaos

Citation: Berlyne, D. E. (1960). *Conflict, Arousal, and Curiosity.* McGraw-Hill.

5. Deliberate Practice and Variability

Research: Ericsson et al. (1993)

Finding: Elite performers use variable practice (not repetitive practice).

Variable practice: Different approaches for different situations = Better transfer

Repetitive practice: Same approach always = Limited transfer

For productivity:

Adaptive approach = Variable practice = Better performance across contexts

Citation: Ericsson, K. A., et al. (1993). "The role of deliberate practice in the acquisition of expert performance." *Psychological Review, 100*(3), 363-406.

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6. Empirical Support for Context-Switching

Study: Gopher et al. (1989)

Method: Trained pilots with variable vs. consistent approaches

Results:

- Variable training group: Better transfer to new situations
- Consistent training group: Better at trained situation only

Conclusion: Adaptability beats consistency for complex, varying environments.

Application:

Modern knowledge work = Complex, varying environments = Adaptive approaches optimal

Citation: Gopher, D., Weil, M., & Bareket, T. (1989). "Transfer of skill from a computer game trainer to flight." *Human Factors, 36*(3), 387-405.

The Science of YOU

What research tells us about Adaptive Generalists:

1. **You're not confused - you're sophisticated**
   o Multiple approaches = Cognitive flexibility (expert trait)
2. **You're not indecisive - you're responsive**
   o Context-dependent method selection = Situational intelligence
3. **You're not "system hopping" - you're learning**
   o Variable practice leads to expertise
   o Testing approaches = Deliberate practice
4. **Your adaptability is valuable**
   o Modern work is variable (not repetitive)
   o Variable practice = Better transfer
   o Rigid systems fail in variable environments

SECTION 7: 7-DAY EMAIL COACHING SEQUENCE

EMAIL #1: WELCOME - YOU'RE ADAPTIVE (AND THAT'S VALUABLE)

Subject: Your Adaptive Generalist Playbook is here (you're not confused)

Hey [Name],

Your assessment results showed balanced scores across all axes.

This means you're an Adaptive Generalist.

Let me tell you what this is NOT:

- ❌ "You're confused about productivity"
- ❌ "You haven't found your style yet"
- ❌ "You're indecisive or uncommitted"

What it IS:

- ✅ You're context-dependent (different projects need different approaches)
- ✅ You're flexible (can work in multiple styles)

- ✅ You're sophisticated (not locked into one method)

Here's the problem you've probably faced:

Every productivity system you've tried:

- Works great... for 2 weeks
- Then feels wrong
- So you try a different system
- Same pattern repeats

You thought: "I'm broken. I can't stick to anything."

Reality: The systems work - just not ALL THE TIME. You needed permission to use different approaches for different contexts.

This playbook is different.

We're NOT giving you ONE system.

We're teaching you:

1. How to recognize which context you're in
2. Which approach works best for that context
3. How to switch between approaches seamlessly

By end of 30 days: You'll have YOUR custom playbook. Built from experimentation. Tailored to your contexts.

YOUR FIRST ASSIGNMENT (15 minutes):

The Baseline Awareness Exercise

For tomorrow (one day only):

Track your work contexts throughout the day.

Every 2 hours, note:

TIME: _____

ENERGY (1-10): ___

PROJECT TYPE:
☐ Creative (ideas, design, content)
☐ Analytical (data, strategy, planning)
☐ Execution (building, doing, implementing)
☐ Exploratory (learning, experimenting)

PRESSURE:
☐ High (urgent deadline)
☐ Medium (normal pace)
☐ Low (flexible timeline)

HOW I WORKED:
(Describe your natural approach)
_____

PRODUCTIVITY (1-10): ___

Tomorrow evening, reply with:

1. Which contexts did you experience today?
2. When were you most productive?
3. When did you struggle?

Day 2: We'll start identifying your patterns.

You're about to discover you're not confused - you're adaptive,
[Your Name]

P.S. - Adaptive Generalists often feel like "productivity failures" because they compare themselves to people who use ONE system successfully. But those people probably work in ONE context. You work in MULTIPLE contexts. You need multiple approaches. That's not failure - that's sophistication.

EMAIL #2: DAY 1 - YOUR CONTEXTS ARE REAL

Subject: Day 1: The contexts you experienced today are REAL (not made up)

Hey [Name],

If you tracked contexts today, you probably noticed:

Your work varied significantly throughout the day.

Maybe:

- Morning: Strategic planning (thoughtful, big-picture)
- Afternoon: Urgent execution (just get it done!)
- Evening: Creative exploration (ideas flowing)

Same person, same day, THREE different contexts.

Traditional productivity advice: "Pick ONE system and stick to it."

For you: That's like wearing winter clothes in all seasons. Sometimes you need a coat, sometimes shorts, sometimes both in one day.

Here's what makes contexts REAL:

1. Your energy varies

- Morning: 8/10 (high energy)
- Post-lunch: 4/10 (dip)
- Evening: 6/10 (moderate)

Same task at different energies = Different optimal approaches

---

2. Your projects vary

- Creative project: Needs space, flexibility, inspiration time
- Deadline project: Needs time-boxing, focus, urgency
- Learning project: Needs curiosity, exploration, variety

Same approach for all three = Suboptimal

---

3. External pressure varies

- High pressure: "Good enough" beats perfect
- Low pressure: Can explore, experiment, optimize

- Medium pressure: Balance quality and speed

Same perfectionism level for all three = Inappropriate

Today's insight:

Review your tracking from yesterday.

Ask:

1. When was I most productive? (What was the context?)
2. When did I struggle? (What was the context?)
3. Do I see any patterns?

Example pattern:

"I was productive in the morning on strategic work (8/10) but struggled in afternoon when I tried to keep planning (4/10). When I switched to execution tasks, productivity returned (7/10)."

This is data. Your contexts are real.

Tomorrow's assignment:

Continue tracking for 6 more days (full week of data).

Same protocol:

- Every 2 hours: Log context
- Notice productivity differences
- Look for patterns

Day 7: We'll analyze your full week and identify your context patterns.

Your contexts are real (not imaginary),
[Your Name]

P.S. - The fact that you can't use ONE system successfully doesn't mean you're bad at productivity. It means you encounter multiple REAL contexts that require different approaches. This is sophisticated, not confused.

EMAIL #3-6: DAYS 2-6 - CONTINUE TRACKING

(Brief check-in emails reminding to track, celebrating progress, no new tasks)

EMAIL #7: DAY 7 - ANALYZE YOUR PATTERNS

Subject: Day 7: What your week of data reveals (your patterns emerge)

Hey [Name],

You've tracked contexts for 7 days.

Time to analyze.

SET ASIDE 30 MINUTES TODAY.

Review all 7 days of tracking.

Look for patterns:

PATTERN 1: Energy Cycles

When is energy typically HIGH (7-10)?

- Times: _____
- Days: _____
- After what: _____

When is energy typically LOW (1-4)?

- Times: _____
- Days: _____
- After what: _____

Insight: Your high-energy times need different approaches than low-energy times.

PATTERN 2: Project Type Trends

What project types do you encounter most?

Count frequency:

- Creative: ___ times this week
- Analytical: ___ times
- Execution: ___ times
- Exploratory: ___ times

Insight: Your most frequent project type needs a default approach.

PATTERN 3: Productivity Correlation

When were you most productive (8-10/10)?

Look at those times:

- What was project type?
- What was energy level?
- What was pressure level?
- What approach did you use?

When were you least productive (<5/10)?

Look at those times:

- What was different?
- Mismatch between context and approach?

PATTERN 4: Natural Approach Preferences

Review "how I worked" notes.

Do you notice:

- Days you naturally planned first, then executed
- Days you jumped straight into doing
- Days you needed flexibility
- Days you craved structure

These preferences ARE valid. They show context-dependent needs.

YOUR ANALYSIS:

Based on Week 1 data:

My most common context:

My highest-productivity context:

My lowest-productivity context:

My natural approach preferences:

Hypotheses for Week 2-4 testing:

NEXT WEEK:

We'll start structured experimentation.

Week 2: Test ONE archetype method fully (you'll choose based on patterns)

Week 3: Test DIFFERENT method

Week 4: Test THIRD method

Goal: Find which methods work best for which contexts.

Reply to this email:

1. Your biggest pattern noticed: ___
2. Which archetype method do you want to test first in Week 2? ___
   (Chaotic Creative / Structured Achiever / Strategic Planner / Flexible Improviser)

Week 2 begins tomorrow: Focused experimentation starts.

Your patterns are emerging,
[Your Name]

SECTION 8: BONUS TEMPLATES

TEMPLATE #1: DAILY CONTEXT ASSESSMENT

(Included in main playbook above)

TEMPLATE #2: WEEKLY MODE SELECTION

WEEKLY MODE SELECTION

WEEK OF: _____ to _____

⏱ TIME: 10 minutes (Sunday evening)

STEP 1: REVIEW WEEK AHEAD

CALENDAR SCAN:

Major projects/deadlines this week:
1. _____
2. _____
3. _____

Meetings/commitments:
Mon: ___ Tue: ___ Wed: ___ Thu: ___ Fri: ___

Available work hours: ___ (estimate)

STEP 2: IDENTIFY PRIMARY CONTEXT

DOMINANT PROJECT TYPE:
☐ Creative (40%+)
☐ Analytical (40%+)
☐ Execution (40%+)
☐ Exploratory (40%+)
☐ Mixed (no dominant)

PREDICTED ENERGY:
☐ High energy week (well-rested, motivated)
☐ Medium energy week (normal)
☐ Low energy week (depleted, recovering)

PRESSURE LEVEL:
☐ High pressure (urgent deadlines)
☐ Medium pressure (normal pace)
☐ Low pressure (flexible timelines)

STEP 3: SELECT PRIMARY MODE

Based on context above, my PRIMARY mode this week:

☐ CREATIVE MODE (Chaotic Creative approach)
  Tools: Trello, Forest, Voice Memos
  When: Creative projects + high/medium energy

☐ STRUCTURED MODE (Structured Achiever approach)
  Tools: Todoist, Toggl, Calendar
  When: Execution projects + any energy

☐ STRATEGIC MODE (Strategic Planner approach)
  Tools: Notion, Obsidian, Sheets
  When: Analytical projects + medium/high energy

☐ FLEXIBLE MODE (Flexible Improviser approach)
  Tools: Voice Memos, Keep, Simple checklist
  When: Mixed projects OR low energy

☐ HYBRID MODE (specify): _____
  Tools: _____
  When: _____

STEP 4: ACTIVATE MODE TOOLS

TOOLS TO OPEN/ACTIVATE:
  ☐ _____
  ☐ _____
  ☐ _____

TOOLS TO CLOSE/DEACTIVATE:
  ☐ _____
  ☐ _____

WORKSPACE SETUP:
☐ Bookmarks for this mode
☐ Desktop cleaned for this mode
☐ Phone home screen for this mode (optional)

STEP 5: SET MODE-SPECIFIC INTENTION

This week, my PRIMARY approach:
_____

Daily protocol:
_____

Backup mode (if primary doesn't work):
_____

DAILY MODE CHECK (Throughout Week)

Each morning (2 min):

Is today's context matching weekly mode? ☐ Yes ☐ No

IF YES: Continue with primary mode

IF NO: What's different today?
_____

Should I switch modes for today? ☐ Yes ☐ No

If switching: Today's mode: _____

====

TEMPLATE #3: METHOD EXPERIMENTATION TRACKER

===

    METHOD EXPERIMENTATION TRACKER
===

PURPOSE: Test different productivity methods systematically
DURATION: 4 weeks (1 method per week)

WEEK 1: BASELINE (No specific method)

METHOD: My natural approach (no forced system)

DAILY TRACKING:
Mon: Productivity ___/10, Energy ___/10, Notes: _____
Tue: Productivity ___/10, Energy ___/10, Notes: _____
Wed: Productivity ___/10, Energy ___/10, Notes: _____
Thu: Productivity ___/10, Energy ___/10, Notes: _____
Fri: Productivity ___/10, Energy ___/10, Notes: _____

WEEK SUMMARY:
Avg productivity: ___/10
Avg energy: ___/10
Completions: ___
What worked: _____
What didn't: _____

WEEK 2: METHOD TEST #1

METHOD TESTING: _____ (choose one archetype)

COMMITMENT: Follow this method fully for 7 days

DAILY TRACKING:
Mon:
  Adherence (1-10): ___ (How well did I follow method?)
  Enjoyment (1-10): ___
  Productivity (1-10): ___
  Sustainability feeling (1-10): ___
  Notes: _____

[Repeat for Tue-Sun]

WEEK SUMMARY:
Avg adherence: ___/10
Avg enjoyment: ___/10

Avg productivity: ___/10
Avg sustainability: ___/10

Best days using this method: _____
Worst days: _____
When did this method shine: _____
When did it struggle: _____

KEEP/DISCARD: _____
Use for which contexts: _____

_____

WEEK 3: METHOD TEST #2

[Same structure as Week 2]

_____

WEEK 4: METHOD TEST #3

[Same structure as Week 2]

_____

FINAL COMPARISON (Day 28)

RANK ALL METHODS:

Method	Enjoy	Prod	Sustain	Overall	Best For
Baseline	___	___	___	___	_____
Method 1	___	___	___	___	_____
Method 2	___	___	___	___	_____
Method 3	___	___	___	___	_____

MY CONCLUSIONS:

Default method (highest overall): _____
High-pressure method (highest productivity): _____
High-energy method (highest enjoyment): _____
Low-energy method (highest sustainability): _____

_____

TEMPLATE #4: CUSTOM CONTEXT-APPROACH MAP

===

MY CUSTOM CONTEXT-APPROACH MAP

===

DATE CREATED: _____
LAST UPDATED: _____

This is MY personal productivity playbook.
Built from 30 days of experimentation.
Tailored to MY contexts.

_____

DEFAULT APPROACH (When Context Unclear)
_____

Method: _____
Why: _____
Tools: _____
Daily protocol: _____

_____

PROJECT-TYPE SPECIFIC APPROACHES
_____

CREATIVE PROJECTS:
(Writing, design, content, brainstorming)

Method: _____
Tools: _____
When to use: _____

ANALYTICAL PROJECTS:
(Data, research, strategy, planning)

Method: _____
Tools: _____
When to use: _____

EXECUTION PROJECTS:
(Building, implementing, doing, shipping)

Method: _____
Tools: _____
When to use: _____

EXPLORATORY PROJECTS:
(Learning, experimenting, trying new things)

Method: _____
Tools: _____
When to use: _____

ENERGY-SPECIFIC APPROACHES

HIGH-ENERGY DAYS (7-10/10):

Method: _____
Tools: _____
Best projects: _____
Typical output: _____

MEDIUM-ENERGY DAYS (4-6/10):

Method: _____
Tools: _____
Best projects: _____
Typical output: _____

LOW-ENERGY DAYS (1-3/10):

Method: _____
Tools: _____
Allowed activities: _____
Rest protocol: _____

PRESSURE-SPECIFIC APPROACHES

HIGH-PRESSURE (Urgent deadline):

Method: _____
Key tactic: _____
Time-boxing: ___ hours max
"Good enough" criteria: _____

MEDIUM-PRESSURE (Normal pace):

Method: _____
Balance: _____

LOW-PRESSURE (Flexible timeline):

Method: _____
Permission to: _____

SPECIAL SITUATIONS

WHEN FEELING OVERWHELMED:

Approach: _____
Minimum viable action: _____

WHEN MOTIVATION IS LOW:

Approach: _____
5-minute start task: _____

WHEN SCATTERED/DISTRACTED:

Approach: _____
Refocus tactic: _____

WHEN BURNED OUT:

Approach: _____
Recovery protocol: _____

CONTEXT DETECTION SHORTCUTS

Quick decision rules:

IF project is creative AND energy is high:
→ Use: _____

IF deadline is tomorrow AND clarity is high:
→ Use: _____

IF energy is low (<5/10):
→ Use: _____

IF feeling overwhelmed:
→ Use: _____

IF unsure what context:
→ Use: _____ (default)

UPDATE QUARTERLY:
▢ Q1: _____
▢ Q2: _____
▢ Q3: _____
▢ Q4: _____

As you learn more about your contexts, refine this map.
It evolves with you.