Promoted vs Works for You Worksheet

A lot of productivity or creativity advice is build around one cognitive architecture and quietly assumes everyone profits from it. But if you are not that type, the system fails, you blame yourself, and the industry profits from selling more systems to fix problems you never had.

Box 1: Areas

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The problem are built-in biases:

1. **Market Bias:** Some types are easy to sell. For example, habit tracking and gamification makes for nice visualizations, give dopamine hits, and feel like progress even when nothing meaningful happens. Models that do not produce revenue, are not flash, hard to teach en masse, cannot be gamified, productized (e.g., «*XYZ Journal*»), and do not generate dependency (repeat customers) are not pushed.
2. **Social-Cognitive Bias:** Most people think they are at fault if something does not work, not a mismatch between them and the tools they use. Not knowing about the mismatch, they think «*planning is hard for me*», or «*I lack discipline*», or «*I need more motivation*» instead of another solution that is not pushed. Similarly, the developers think if a model works for them, it must work for others as well.
3. **Cultural Bias:** School and corporate life teach specific models — industrial models that scale well and work for predictable routine work. For example, for planning it is «*break tasks into steps, assign them to a day, and check them off*». But that model is poison for people who work in creative or strategic professions.

For example, compare the pushed planners/journals. They usually have stickers, streaks, gamification, or colorful spreads that share easily online. And many people prefer systems that tell them what to do, give rewards, let them track, and provide novelty. Other planning types, e.g., a □ Constraint Planner, would just need to know «*Here are your constraints. Pick three things a day. Go.*». The user would be independent of the product immediately. There is nothing to sell repeatedly and no «*entertainment*». And that's the reason why you rarely see this model pushed.

You see a similar effect in creativity culture. There are strong biases towards talk and visible actions, as the literature comes from highly literate, academically oriented cultures. People confuse talk with generated ideas. Group creativity («*ideation workshops*») is also heavily talk-based because they are easy to administer and look creative (e.g., colorful sticky notes or full whiteboards). It *looks like* visible progress. Whether that is the best way to be creative in groups is another question.

The tables (see Box 1 for an overview) show the pushed models in different areas and alternatives.

Is there a mismatch for you?

The good news is that problems in productivity, planning, learning, etc. might not be due to you — e.g., lack of discipline. It can also be due to using the wrong metaphors, tools, or expectations.

If you look at the tables, does the pushed model work for you? Is another model closer to how you naturally work?

If so, try it out. Use the □ Integration Worksheet and see whether a different method produces better overall results.

Promoted vs Works for You: Creativity Modes

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Daily Incrementalist (pushed model)	Produces creativity through consistent, small, daily output (e.g., “write 500 words/day”).	Builds skill through repetition, predictable output, good for linear projects.	Creativity becomes mechanical; stifles insight; uninspired days feel like failure; incompatible with depth-oriented minds.	Use for craft refinement, not idea generation. Pair with occasional deep sessions for breakthroughs.
2. Depth-Immersion Creative	Requires long, uninterrupted blocks of time to drop into deep, associative states.	Produces high-quality, original work; strong conceptual breakthroughs; excellent for complex projects.	Needs large time blocks; collapses under fragmented schedules; hard to restart after interruptions.	Protect multi-hour blocks. Minimize context-switching. Pre-define project boundaries but avoid rigid outlines.
3. Associative-Drift Creative	Generates ideas through wandering thoughts, cross-connections, and intuitive leaps.	Very original; strong non-linear insight; good with brainstorming and conceptual synthesis.	Hard to structure; difficulty finishing without external constraints; vulnerable to drift.	Use structured constraints (time blocks, weekly outcomes). Capture ideas quickly; separate ideation from execution.
4. Architectural Creative	Needs structure (themes, models, systems) before generating content. Creativity emerges once the scaffolding is built.	Very coherent work; strong narrative/ structural integrity; good with large-scale projects.	Can over-architect; delay starting; gets stuck reworking the structure.	Allow “good enough” scaffolding; start execution earlier; refine structure as the project evolves.
5. Pulse Creative	Works in bursts: long periods of inactivity followed by intense, productive sprints.	Extremely productive during pulses; high-output phases; great for deadlines.	Inactivity feels like failure; unpredictable timing; easily misunderstood by others.	Normalize the off-cycles. Treat pulses as renewable resources. Build systems around recovery and surge periods.
6. Incremental-Refiner	Creativity emerges through repeated revision, polishing, and incremental improvement.	Produces very high-quality polished work; strong editing/iterative thinking.	Weak initial drafts; slow; can get stuck polishing instead of finishing.	Separate drafting from editing. Set deadlines for moving to next stage.
7. Constraint-Triggered Creative	Becomes more creative when boundaries or limitations are imposed (time, materials, format).	Constraints sharpen ideas; fast problem-solving; excellent under pressure or tight briefs.	Too-open projects cause paralysis; needs framing.	Impose rules (time limit, format, scope). Reframe open projects with explicit boundaries.
8. Environment-Sensitive Creative	Creativity depends strongly on physical space, sensory context, or ritual.	Can achieve flow quickly with the right setup.	Easily disrupted by noise, people, or poor environment; fragile output.	Build a stable ritual (location, lighting, sound). Use the environment as a creativity trigger.
9. Dialogue-Based Creative	Generates ideas by talking, arguing, or bouncing concepts off others.	Strong ideation; rapid clarity through conversation.v	Dependent on interlocutors; weak in isolation; easily derailed by unhelpful input.	Use trusted discussion partners. Record or outline insights immediately. Do not over-expose ideas during early formation.
10. Hybrid Adaptive Creative	Switches between modes based on project stage (e.g., associative → architectural → refinement).	Very versatile; handles multiple phases well.	Must manage transitions deliberately; risk of confusion or context leakage.	Create stage boundaries: ideation → structuring → drafting → refining. Switch modes consciously.

Table 1: Creativity Modes

Promoted vs Works for You: Emotional Regulation Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Verbal Processor (pushed model)	Regulates emotions by talking, naming feelings, externalizing them.	Good social support; reduces internal pressure; resolves interpersonal tension.	Can amplify emotions; dependent on others; not effective for analytical types.	Use for relational conflicts. Limit duration. Pair with problem-solving once emotional load decreases.
2. Cognitive Reframer	Reduces emotional intensity by reinterpreting situations or altering meaning.	Fast de-escalation; strong autonomy; good under stress.	Can become overly intellectual; may bypass emotion too quickly.	Use explicit reframing scripts. Reflect once emotion settles. Avoid jumping straight to logic in relational contexts.
3. Somatic Processor	Regulates emotions through physical sensations, movement, breath, or body awareness.	Highly effective for anxiety; grounded; bypasses rumination.	Hard for purely cerebral people; requires practice.	Stand, walk, breathe. Use temperature change, posture shifts, or grounding techniques.
4. Action-Based Regulator	Fixes emotional state by taking decisive action (cleanup, exercise, resolving a task).	Rapid relief; turns emotion into momentum; suits pragmatic personalities.	Can avoid necessary reflection; risk of overworking to escape emotion.	Limit action bursts to bounded tasks. Pair occasional reflection afterward.
5. Environmental Resetter	Changes emotional state by altering surroundings (light, location, sound, air).	Very fast reset; low cognitive load; great for sensory-sensitive people.	Avoidance risk; susceptible to environmental instability.	Build 2–3 known reset environments (walk outside, specific room, lighting). Use them deliberately.
6. Compartmentalizer	Creates mental separation between emotional domains; isolates emotion until later.	High-functioning under pressure; good in crisis; protects focus.	If never revisited, creates backlog; risk of emotional detachment.	Schedule “release windows.” Compartmentalize for work; process later.
7. Time-Decay Processor	Emotion fades simply through time; no action required.	Low effort; natural; good for minor or irrational emotions.	Not suitable for serious issues; can look passive.	Use for trivial triggers. Combine with boundaries for larger issues.
8. Narrative Processor	Rewrites emotional meaning through storytelling, context, personal narrative.	Deep coherence; strong long-term stability.	Risk of self-mythologizing; may distort facts.	Use narrative for long-term healing, not immediate regulation. Keep stories aligned with reality.
9. Relational Synchronizer	Regulates emotions through connection with another person.	Strong co-regulation; reduces loneliness; stabilizing.	Over-dependence; emotional outsourcing.	Choose 1–2 trusted people. Avoid over-sharing. Use relational sync sparingly.
10. Analytical Diagnostician	Reduces emotion by identifying patterns, inconsistencies, or causes.	Excellent for understanding; reduces confusion; clarifies next steps.	Can seem cold; may ignore emotional nuance; can destabilize others.	Use analysis internally or with people who request it. Pair diagnosis with a practical next action.

Table 2: Emotional Regulation Types

(Applies to all close relationships: romantic, family, friendship, and long-term collaboration.)

Promoted vs Works for You: Relationship Maintenance Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Constant-Contact Maintainer (pushed model)	Maintains relationships through frequent communication, regular check-ins, shared emotional processing, and ongoing presence.	Works well for emotionally expressive partners; reduces ambiguity; predictable.	Draining for autonomy-focused or solitary people; creates dependency; can suffocate space.	Use only with people who genuinely thrive on openness. Set boundaries around frequency. Switch to depth-oriented connection if mismatched.
2. Deep-Dive Connector	Builds relationships through intense, meaningful interactions rather than frequency.	Highly intimate; strong trust; efficient emotional bandwidth.	Can seem distant between interactions; misunderstood by high-frequency types.	Establish expectations about cadence ("I connect deeply, not often"). Protect 1–1 time.
3. Parallel-Lives Partner	Maintains closeness by living alongside someone with shared values, routines, and independence rather than constant interaction.	Very stable; low conflict; ideal for long-term relationships without drama.	Can feel distant to high-affection partners; requires compatible values.	Choose partners/friends who value independence. Use shared rituals rather than constant conversation.
4. Ritual Connector	Maintains relationships through predictable rituals: weekly dinner, daily message, shared hobby.	Scales well over time; low cognitive load; creates rhythm.	Ritual failure can destabilize; can feel mechanical to spontaneous types.	Keep rituals small and easy. Refresh them seasonally. Don't overload the ritual with emotional expectations.
5. Task-Oriented Relator	Bonds through shared projects, problem-solving, building, planning, or learning together.	Strong teamwork; builds mutual respect; deepens through doing.	Emotional talk feels forced; partners may misinterpret low verbal expression as disinterest.	Choose activities meaningful to both parties. Use task success as proof of mutual investment.
6. Space-Respecter	Maintains relationships by giving significant autonomy and expecting the same.	Healthy boundaries; low conflict; strong for independent partners.	Mismatched with clingy or anxious types; risk of drifting apart if partner misreads space as detachment.	Communicate explicitly: "Space means care, not distance." Schedule touchpoints so drift doesn't occur unintentionally.
7. Episodic Maintainer	Maintains relationships through occasional bursts of connection separated by long intervals.	Works well for long-distance or low-maintenance friendships; minimal pressure.	Risk of losing momentum; requires strong baseline trust.	Use short but meaningful reconnection rituals (a single thoughtful message, a call every few months).
8. Emotional Synchronizer	Maintains relationships by attuning to emotional states and providing mutual regulation.	Very supportive; strong empathy; good for nurturing roles.	Risk of enmeshment; drains introverted or analytical partners; overly emotional tone.	Use in moderation. Maintain your own boundaries. Avoid over-attunement with high-drama individuals.
9. Intellectual Companion	Connects primarily through shared ideas, discussions, debates, or philosophical exploration.	Deep mental intimacy; strong compatibility for thinkers; enduring connection.	Emotionally expressive partners may feel unseen; risk of over-intellectualizing.	Pair intellectual connection with occasional explicit care signals (brief, not performative).
10. Guardian/Protector	Maintains relationships through reliability, practical support, and protective action.	Extremely trustworthy; stable; action-centric love.	Low verbal expression; emotional needs may be overlooked unintentionally.	Express care through actions but occasionally translate it into clear, simple words so it's recognized.

Table 3: Relationship Maintenance

Promoted vs Works for You: Conflict Handling Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Verbal Process Resolver (pushed model)	Resolves conflict through open dialogue, emotional expression, active listening, and mutual processing.	Good for relational bonding; reduces misunderstandings; socially approved method.	Over-verbalizes; drags out conflict; inefficient for pragmatic people; can escalate emotion.	Use verbal processing only when the goal is relational repair. Keep discussions time-bounded. Shift to structure once emotions stabilize.
2. Structural Problem-Solver	Seeks the underlying system failure, process flaw, or misalignment causing conflict, then fixes the root instead of the symptom.	High-leverage solutions; prevents repeat conflict; excellent in work and logistics.	Can seem emotionally detached; frustrates people wanting to "feel heard."	Pair structural fixes with a brief acknowledgment of emotional stakes. Present solutions concisely and unemotionally.
3. Boundary Enforcer	Resolves conflict by drawing clear lines of acceptable behavior, access, or responsibility.	Fast, effective, protective; reduces emotional entanglement; good for chronic issues.	Perceived as rigid; may feel confrontational to relational communicators.	State boundaries early and neutrally. Avoid justifying them. Reinforce consistently.
4. Direct Negotiator	Handles conflict by making offers, trade-offs, and explicit agreements.	Efficient; transparent; excellent for practical or professional disagreements.	Weak if other party avoids directness; can overlook emotional context.	Pair negotiation with minimal relational calibration. Use clear offers and walk-away criteria.
5. Emotional Processor	Needs to express and acknowledge emotions before addressing the practical issue.	Good for emotional clarity; prevents long-term resentment; helpful in personal relationships.	Slow; can create emotional spillover; exhausting for analytical people.	Time-limit the emotional phase. Transition to solutions after acknowledgment. Avoid using this mode at work unless necessary.
6. Strategic Withdrawer	Temporarily disengages to cool down, reflect, or gather information before re-engaging.	Prevents escalation; preserves relationships; good under high emotional intensity.	Can appear avoidant; risks leaving conflict unresolved if return is delayed.	Declare the withdrawal ("I'll revisit this in X hours"). Always return at the predetermined time.
7. Evidence-Based Arguer	Uses facts, logic, and evidence to resolve conflict.	Strong clarity; avoids emotional manipulation; excellent in technical disputes.	Can trigger defensiveness; risks missing emotional subtext; may seem pedantic.	Use evidence only once emotional states are low. Lead with the conclusion, not the argument.
8. Meta-Communicator	Addresses how the conflict is happening rather than the content ("We're talking past each other").	Rapidly dissolves confusion; aligns communication styles; increases mutual understanding.	Can feel abstract or distancing; may be misinterpreted as dismissive.	Use meta-communication sparingly and only when structural misalignment is glaring.
9. Compromise-Oriented Resolver	Seeks middle-ground solutions quickly to stop escalation.	Fast de-escalation; reduces tension; good for low-stakes conflicts.	Can accept suboptimal solutions; may suppress needs; risks long-term resentment.	Use compromise only for low-impact issues. Avoid compromising on structural or identity-level needs.
10. Silence/Decay Resolver	Allows conflict to cool down or die out without direct intervention.	Works well for trivial conflicts; avoids unnecessary escalation.	Completely ineffective for real issues; can create unspoken resentment.	Use only for minor friction or temporary irritation. For anything substantial, switch to structural or boundary mode.

Table 4: Conflict Handling

Promoted vs Works for You: Learning Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Memorization/Drill Learner (pushed model)	Learns through repetition, flashcards, quizzes, and deliberate memory reinforcement.	Good for exams, vocabulary, formulas; predictable and quantifiable.	Retains poorly if underlying structure is unclear; shallow understanding; boring for deep thinkers.	Use only for factual material. Pair with conceptual understanding. Avoid using as primary learning mode for complex topics.
2. Insight-Driven Learner	Gains understanding by grasping the underlying structure or model behind material.	Fast comprehension; long-term retention once the "click" happens; excellent for abstract domains.	May stall until insight arrives; poor tolerance for rote material.	Focus on big-picture concepts first. Use analogies. Build simple mental models. Go back to details later.
3. Immersive Learner	Learns best by diving deeply into a subject for long, focused sessions.	Very strong learning; makes rapid progress; excellent synergy with deep work.	Not suited for fragmented schedules; easily derailed by interruptions.	Block multi-hour sessions. Remove distractions. Use immersion only for important topics.
4. Associative Learner	Learns by connecting new ideas to a wide web of existing knowledge.	Excellent integrative understanding; strong creativity; finds hidden patterns.	Can overload working memory; may skip fundamentals.	Build concept maps. Write linkage notes. Occasionally review fundamentals for stability.
5. Simulation Learner	Learns by imagining scenarios, running mental models, role-playing possibilities.	Strong intuition; great for problem-solving; retains insights deeply.	Weak with abstract data; requires imagination; not ideal for technical memorization.	Use for strategy, reasoning, or applied knowledge. Combine with diagrams for technical subjects.
6. Failure-Driven Learner	Learns best by attempting something, failing, and iterating based on feedback.	Rapid adaptation; strong practical competence; thrives in hands-on learning.	Risk of repeated errors; inefficient without feedback; poor fit for high-stakes environments.	Use quick prototypes. Seek rapid feedback loops. Keep attempts low-stakes.
7. Incremental Learner	Learns through small, steady daily progress; compounding knowledge.	Reliable, consistent, good for languages or skills.	Slow for deep insight; less effective for complex or abstract ideas.	Use for long-term skill building. Pair with occasional deep sessions.
8. Narrative Learner	Learns by embedding knowledge into stories, examples, metaphors.	High retention; vivid recall; intuitive application.	Can distort abstract concepts; may overfit to stories.	Convert concepts to narratives deliberately. Use multiple stories to avoid bias.
9. Social Learner	Learns best through discussion, debate, explaining ideas to others.	Fast clarification; strong externalization; good for collaborative domains.	Dependent on others; weak in isolation; risk of over-reliance on dialogue.	Join study groups or discussion forums. Teach material to others. Use "rubber duck" method when alone.
10. Multi-Modal Hybrid	Combines styles depending on topic (e.g., insight + immersion + failure-driven).	Extremely adaptable; optimal across contexts.	Requires self-awareness to pick modes; can over-switch.	Determine the proper mode for each subject. Avoid mixing modes within a single learning session.

Table 5: Learning

Promoted vs Works for You: Reading / Information Intake Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Daily-Chunks Reader (pushed model)	Consumes information in small, consistent daily segments (e.g., read 20 pages/day, do spaced repetition).	Works for incremental learning; good for habit-driven people; predictable progress.	Terrible for deep thinkers; fragments comprehension; kills immersion; low retention for complex topics.	Use only for shallow/administrative reading. Avoid for conceptual, creative, or technical fields.
2. Immersion Reader	Reads in long, uninterrupted sessions; comprehension depends on continuity and depth.	Excellent understanding; strong retention; ideal for complex material; natural flow state.	Requires large time blocks; interrupted reading = lost context.	Schedule immersion blocks. Avoid multitasking. Keep a stable reading environment.
3. Conceptual Synthesizer	Reads to extract underlying models, patterns, or conceptual frameworks.	High-level understanding; strong cross-domain transfer; excellent for strategy and design.	Ignores surface details too early; may miss specifics.	Start with a quick scan; build a model; revisit details selectively. Use diagrams to anchor concepts.
4. Associative Connector	Learns by relating what they read to ideas from other fields or experiences.	Generates novel insights; strong interdisciplinary thinking; high creativity.	Can drift off-topic; sometimes loses the author's intended thread.	Pause to capture associations. Maintain a separate “cross-links” note. Return to the main text intentionally.
5. Extractive Reader	Reads only for specific answers, information chunks, or solutions (“search mode”).	Efficient; fast problem-solving; minimal wasted effort.	Narrow; misses big-picture themes; fragmented understanding.	Use extraction for troubleshooting or applied learning. Pair with occasional big-picture review.
6. Slow Deep Reader	Processes information carefully and thoughtfully, prioritizing depth over speed.	Strong comprehension; excellent nuance detection; reliable for dense material.	Slow overall progress; easy to get bogged down; may over-focus on details.	Use slow reading for philosophy, technical work, or complex arguments. Skip trivial sections.
7. Multi-Book Parallel Reader	Reads multiple books simultaneously, switching based on mood or topic.	Cross-pollination of ideas; avoids boredom; strong multi-angle understanding.	Risk of fragmentation; unfinished books; context leakage.	Limit to 2–3 books at once. Assign different contexts to each (morning/evening, fiction/non-fiction).
8. Curator/Skimmer	Skims broadly, selects relevant portions, and curates important snippets.	Excellent for scanning large information volumes; strong filtering ability.	Shallow unless paired with deep dives; sometimes misses nuance.	Skim first, then decide whether a deeper read is needed. Use annotated highlights sparingly.
9. Audio/Verbal Processor	Learns best through spoken information: audiobooks, lectures, discussions.	Good retention when listening; strong comprehension in conversation; great for walking/commuting.	Weak for visual-heavy or technical material; easy to drift mentally.	Pair audio with note summaries. Use 1.0x speed for complex topics. Switch to text for diagrams or models.
10. Tactical Re-Reader	Gains clarity by rereading key sections or entire books multiple times.	Deep mastery; strong model-building; excellent for foundational texts.	Time-consuming; risks getting stuck in loops.	Reread only after a delay (weeks). Take notes on what changed between readings. Focus re-reads on pivotal chapters.

Table 6: Reading

Promoted vs Works for You: Communication Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Relational Communicator (pushed model)	Communicates through emotional tone, social cues, connection-building, shared context.	Good at rapport; socially intuitive; strong conflict smoothing.	Can obscure clarity; indirectness; not ideal for analytical or high-precision communication.	Use relational warmth where required (team cohesion). Translate emotional context into explicit terms when precision matters.
2. Direct Precision Communicator	Speaks in concise, information-dense, unembellished statements; minimal padding.	Extremely clear; efficient; ideal for analytical or technical domains.	Can be perceived as blunt or cold; others may miss nuance.	Preface high-impact statements with framing when needed (“Key point:”); avoid over-explaining to soften tone. Let clarity stand.
3. Associative Communicator	Thinks while speaking; jumps between ideas; uses tangents to form connections.	Very creative; good for brainstorming; generates unexpected insights.	Hard to follow; can derail conversations; loses linear listeners.	Signal when exploring (“thinking aloud”). Summarize conclusions. Avoid associative mode in critical meetings.
4. Systemic Communicator	Frames ideas as systems, structures, or models; uses abstractions.	Strong conceptual clarity; excellent for planning and strategy.	Can feel detached or overly abstract; risks losing concrete thinkers.	Convert models into examples when needed. Use diagrams or anchors. Pair abstract points with concrete impacts.
5. Narrative Communicator	Communicates in stories, examples, character arcs, metaphors.	Highly memorable; persuasive; intuitive.	Can oversimplify; risks emotional bias; may avoid direct answers.	Use stories for teaching, not decisions. Anchor stories in factual clarity.
6. Performative Communicator	Speaks with emphasis, flair, tone modulation, or rhetorical style.	Engaging; charismatic; energizes groups; great for presentations.	Can sound insincere; style may overshadow content.	Use performative mode for motivating others, not for nuanced discussion. Ground style in authentic intention.
7. Analytical Communicator	Communicates through detailed reasoning, evidence, and step-by-step logic.	Clear logic paths; persuasive for rational audiences.	Over-explains; slow; risks drowning listeners in details.	Lead with conclusions, then offer supporting steps if requested.
8. Minimal Communicator	Uses few words; communicates only what's essential.	Efficient; low-noise; excellent for focused work environments.	Can appear withdrawn; others may fill silence with assumptions.	Pair brevity with strategic clarity (“Here's the key point...”). Confirm understanding occasionally.
9. Emotional-Transparency Communicator	Expresses feelings directly; uses emotion as information.	Clears misunderstandings quickly; reduces interpersonal tension.	Can overwhelm analytical listeners; may seem self-centered.	Use only when relevant to the goal. Separate emotion from evaluation.
10. Diagnostic Communicator	Communicates by identifying underlying patterns, inconsistencies, or missing assumptions.	Highly perceptive; excellent at resolving confusion; good for strategic discussions.	Can feel confrontational if unmanaged; risks destabilizing others' thinking.	Use diagnostic mode with consent or context. Pair diagnosis with constructive reframing.

Table 7: Communication

Promoted vs Works for You: Decision-Making Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Maximizer (pushed model)	Seeks the objectively best option; researches extensively; compares alternatives.	High-quality decisions; thorough analysis; good for high-stakes choices.	Paralysis by analysis; slow; overwhelmed by too many options; regret after choosing.	Impose strict time/option limits. Define "acceptable threshold" before researching. Avoid maximizing in low-stakes decisions.
2. Satisficer	Chooses the first option that meets requirements ("good enough").	Fast; low stress; avoids overthinking; efficient in everyday life.	May miss optimal options; complacency; weak in complex domains.	Use satisficing for routine choices. For high-stakes decisions, define criteria more rigorously.
3. Eliminator	Immediately removes unacceptable options until only a viable one remains.	Extremely efficient; low cognitive load; decisive; resistant to overwhelm.	Can overlook good options early; sometimes too blunt; rigid initial filters.	Set elimination criteria consciously. Revisit filters annually. Use eliminator mode for lifestyle and long-term choices.
4. Intuitive-Decider	Makes decisions based on gut sense, pattern recognition, or instinctive judgment.	Fast; excellent under uncertainty; strong when experience is deep.	Hard to justify to others; can misfire when intuition is untrained.	Trust intuition for domains where you have expertise. Pair with minimal rational checks in unfamiliar areas.
5. Analytical-Decider	Breaks decisions into components, compares options, evaluates trade-offs.	Good for complex, multi-factor choices; systematic; clear reasoning.	Slow; exhausting; can overcomplicate; not great under time pressure.	Limit analysis to 2–3 key variables. Avoid exhaustive option generation. Stop analysis once options are "good enough."
6. Sequential Decider	Makes a series of small decisions in steps, adjusting based on outcomes.	Adaptive; good under uncertainty; avoids large irreversible mistakes.	Slow overall; requires ongoing attention; fragmented decision process.	Use sequential decisions for experimental areas. Define checkpoints and iteration cycles.
7. Narrative Decider	Makes choices according to which option fits personal narrative, identity, or desired story.	Highly coherent; aligned with long-term meaning; strong internal motivation.	Can ignore practical trade-offs; risks self-deception; may over-romanticize choices.	Use narrative to choose direction, not tactics. Re-ground story-based decisions in reality checks.
8. Risk-Minimizer	Chooses the option with the lowest perceived downside.	Good for irreversible decisions; stable; prudent.	Overly conservative; misses opportunities; slow growth.	Use risk-minimization only for high-stakes choices. For growth-oriented decisions, adopt bounded-risk experiments.
9. Opportunistic Decider	Chooses options based on timing, opportunity, or emerging luck.	Strong adaptability; takes advantage of chance; quick to seize openings.	Erratic; inconsistent long-term direction; can miss foundational planning.	Pair with constraints or long-term outcomes to prevent drift. Treat opportunities as supplements, not foundations.
10. Value-Weighted Decider	Selects options based on alignment with personal values or ethics.	Highly coherent; resilient; internally satisfying.	Slow when values conflict; may disregard practical concerns.	Define values explicitly. Use value-based decisions for life direction, not small daily choices.

Table 8: Decision-Making

Promoted vs Works for You: Social Energy Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Extrovert-Centric Socializer (pushed model)	Gains energy from frequent social interaction; prefers collaborative environments and ongoing conversations.	Fast rapport, strong team presence, naturally communicative.	Drains introverted colleagues; may avoid needed solitude; can blur boundaries.	Use strengths for facilitation and brainstorming. Protect quiet coworkers. Schedule solitude for decompression.
2. Autonomous Introvert	Gains energy from independence and self-direction; socializing drains quickly.	Deep focus, strong autonomy, minimal disruption.	Social fatigue; avoidance of unnecessary interaction; misunderstood as aloof.	Batch social interactions. Use structured communication. Maintain solitude for recovery.
3. Solitary Deep-Worker	Needs long periods alone for mental clarity; social interaction disrupts focus.	Exceptional productivity, strong deep work, high creativity.	Social tasks feel draining; meetings break flow; slow recovery after interaction.	Front-load deep work days. Push meetings to afternoons. Avoid unnecessary collaboration.
4. Limited-Bandwidth Socializer	Can handle social interaction, but only in controlled doses and with clear endings.	High-quality interactions within limits; good balance of independence and connection.	Overload leads to withdrawal; unpredictable energy crashes.	Schedule short, bounded social windows. Use “hard stops.” Plan decompression afterward.
5. Contextual Social Actor	Social energy depends heavily on context (topic, people, purpose).	Highly adaptable; strong in curated groups; selective but effective.	Chaotic energy levels; unpredictable engagement; misread by others.	Curate your social environments deliberately. Avoid open-ended social obligations.
6. Task-Oriented Socializer	Socializes best when interaction centers on a shared task, project, or goal.	Excellent teamwork, strong collaboration, good under pressure.	Socializing without purpose feels empty or draining.	Use co-working, joint problem-solving, or structured discussion. Avoid small talk-heavy contexts.
7. Rapid Charger	Gets a short burst of energy from brief social contact and then prefers to withdraw.	Very efficient networking; good morale booster.	Extended interaction quickly becomes draining; unpredictable cutoff point.	Use micro-social interactions (2–5 minutes). Exit early before energy drop.
8. One-to-One Specialist	Thrives in deep one-on-one conversations; group settings drain.	Excellent depth; strong connection; meaningful dialogue.	Group meetings overload; multi-speaker interaction fragments attention.	Prioritize 1:1s. Request agendas for groups. Place yourself on the edge of group dynamics to minimize load.
9. Social Drifter	Social energy fluctuates without clear patterns; influenced by sleep, stress, mood, environment.	Can be highly social at times; good flexibility.	Hard to plan; inconsistent; misinterpreted by others.	Track patterns for a month to identify hidden rhythms. Keep flexible social commitments.
10. Relational Anchorer	Gains energy from consistent, predictable, low-variance social circles (1–3 people).	Deep trust, stable emotions, low drama.	New groups drain; high barrier to entry; risks social isolation.	Maintain a small “anchor circle.” Keep new interactions brief until trust forms. Avoid large chaotic social settings.

Table 9: Social Energy

Promoted vs Works for You: Behavioral Strategy Archetypes

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Routine Builder	Creates stable, repeating patterns (same time, same actions). Structure emerges from repetition.	Low cognitive load, predictable results, excellent for long-term compliance.	Vulnerable to disruption; travel, stress, or schedule shifts break the pattern.	People who like stability, dislike ambiguity, and get comfort from predictability.
2. Constraint Engineer	Makes a single high-level decision and removes all alternatives. No negotiation thereafter.	Very powerful, zero ambiguity, high success rate, no decision fatigue.	If the initial decision is wrong, correction is hard; rigidity can amplify friction under change.	People with strong boundaries, low tolerance for moderation, high autonomy.
3. Identity Architect	Acts according to a chosen identity ("I'm the type of person who..."). Action flows from self-concept, not rules.	Very stable; minimal willpower required; high meaning-alignment.	Requires accurate self-modeling; identity breaks if behavior and identity drift apart.	People who think in narratives, value coherence, or dislike micromanaging behavior.
4. Environmental Sculptor	Shapes surroundings to make desired behaviors automatic and undesired behaviors impossible.	No willpower required; extremely effective for craving-heavy domains.	Vulnerable if the environment changes (e.g., travel); requires deliberate setup.	People who are sensitive to context or cues; people who over-eat when food is visible.
5. Momentum Specialist	Relies on "once I start, I don't stop." Builds streaks and chains ("don't break the chain").	Very motivating; compounds quickly; great early adherence.	If the streak breaks, the motivation collapses; requires constant visible progress.	People with strong competitive drive toward themselves.
6. Micro-Committer	Takes extremely tiny actions daily; relies on minimal barrier to entry. Momentum grows from tiny steps.	Great for breaking avoidance; prevents overwhelm.	Slow progress; can create false sense of accomplishment without meaningfully advancing.	People who procrastinate or get paralyzed by high standards.
7. System Optimizer	Builds systems of interlocking behaviors (sleep → training → nutrition → work). Everything supports everything.	Highly robust, little backsliding, long-term sustainable.	Complex; requires self-knowledge and iterative adjustment.	Analytical thinkers, engineers, strategizers.
8. Incentive Hacker	Uses rewards, gamification, or positive reinforcement to drive behavior.	Works quickly for simple tasks; can override low motivation.	External rewards become necessary; fragile under stress.	People who like novelty, toys, metrics, or extrinsic structure.
9. Accountability Relier	Leverages external observers (coach, partner, group). Behavior is shaped by visibility.	Strong compliance; reduces internal burden.	Dependent on others; collapses if accountability disappears.	People with high social sensitivity or group orientation.
10. Rule Minimalist	Uses a small set of simple rules ("never eat X," "train before 8 a.m."). No detailed plans.	Elegant, low friction, durable.	Requires accurate rule selection; oversimplification risk.	People who hate micromanagement and complexity.

Table 10: Behavioral Strategy

Promoted vs Works for You: Self-Improvement Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Habit Builder (pushed model)	Improves life by stacking small habits, tracking them daily, and relying on repetition.	Good for simple, repeatable actions; clear progress indicators; comforting routines.	Breaks easily under stress, travel, or schedule shifts; rigid; boring; fails for complex goals.	Limit to 1–2 habits max. Use strong environmental cues. Avoid tracking everything — overwhelming fast.
2. Identity Shifter	Changes behavior by shifting self-concept ("I am the kind of person who does X").	Highly stable; low willpower; deep long-term change; very effective for abstainers.	Hard to adjust once identity solidifies; must choose identity carefully.	Use "I don't" instead of "I can't." Redesign environment to reinforce identity. Anchor identity to behavior, not affirmation.
3. Constraint Engineer	Removes options (food categories, behaviors, availability) to make good actions the default.	Zero negotiation; fast results; reliable; extremely effective for breaking addictions and compulsive patterns.	Can become rigid if constraints aren't periodically reviewed; may ignore nuance.	Keep constraints small in number and high in leverage. Update monthly. Avoid half-rules.
4. System Designer	Builds interlocking systems (sleep → nutrition → training → work) to make improvement automatic.	Long-term sustainability; almost effortless once running; reduces friction across life.	Slow to start; requires periodic maintenance; easy to over-engineer.	Build one subsystem at a time. Test for 2–4 weeks. Prioritize removing friction rather than adding complexity.
5. Spur-Driven Improver	Makes changes in spontaneous bursts of motivation, inspiration, or crisis.	Great short-term transformation; high enthusiasm; good for rapid resets.	Unsustainable; lacks consistency; can swing between extremes.	Use spur periods to launch systems or constraints. Don't expect surges to last. Capture decisions made during peaks.
6. Reflection-Driven Improver	Uses journaling, introspection, or conceptual analysis to adjust behavior.	Strong self-understanding; avoids repeating patterns; high alignment with values.	Can become introspection loops; slow action; risk of analysis paralysis.	Use structured reflection once per week. Immediately convert insights into constraints or outcomes.
7. Accountability-Anchored Improver	Relies on others (coach, partner, team) to maintain momentum.	High compliance; useful for early-stage habit formation.	Fragile if accountability is removed; undermines autonomy; external dependency.	Choose one accountability partner only. Transition from external to internal regulation over time.
8. Data-Driven Improver	Improves by tracking quantifiable metrics (sleep, calories, productivity hours).	Clarity; measurable progress; strong for health/fitness.	Can become obsessive; loses intuitive sense; high overhead.	Track only 1–2 metrics. Review weekly, not daily. Use trends, not individual data points.
9. Philosophy-Driven Improver	Lives by principles, frameworks, or personal codes.	Very stable, meaning-aligned, self-regulating.	Can become rigid or overly abstract; gaps between philosophy and action.	Reduce philosophy to operational rules. Use principles to choose constraints and identity statements.
10. Failure-Learning Improver	Iterates through attempts, failures, adjustments until behavior sticks.	Rapid adaptation; practical; low fear of mistakes.	Can lack strategy; may repeat avoidable errors; chaotic.	Keep feedback loops tight. Pair with system design or constraints to stabilize direction.

Table 11: Self-Improvement

Promoted vs Works for You: Behavior Change Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Moderator (pushed model)	Changes behavior by reducing, moderating, or partially controlling an impulse ("some, not too much").	Flexible; socially acceptable; aligns with conventional advice; easy to explain.	Completely ineffective for abstainer-type behaviors; high relapse; constant negotiation; weak under stress.	Use moderation only for low-reward behaviors. Avoid for anything addictive or self-soothing. Set specific moderation limits.
2. Abstainer	Operates in binary mode: either "yes always" or "no never." Removes entire behavior categories.	Extremely reliable; zero negotiation; resilient under stress; ideal for compulsive tendencies.	Socially inconvenient; can seem rigid; requires careful identity alignment.	Use abstinence for high-trigger behaviors (sweets, alcohol, games). Replace with stable alternatives. Review abstentions annually for relevance.
3. Substitutor	Changes behavior by replacing the undesired action with a similar but healthier one.	Smooth transitions; low friction; works well for sensory or emotional habits.	Doesn't eliminate triggers; may form new dependencies; sometimes masks underlying issues.	Choose substitutions with lower reward intensity. Gradually reduce reliance on substitutes.
4. Constraint-Based Changer	Changes behavior by modifying the environment, availability, or rules so the undesired behavior is impossible.	Extremely effective; bypasses willpower; sustainable; works for abstainers and non-abstainers.	Can be rigid; overbuilding constraints can create brittleness.	Focus on 2–4 high-impact constraints. Remove triggers physically. Automate good behaviors rather than forcing them.
5. Friction Engineer	Adds friction to bad behaviors or removes friction from good ones.	Subtle, elegant, very sustainable; minimal willpower needed.	Slow; requires awareness of behavioral mechanics; fragile if friction changes.	Increase friction on triggers (distance, cost, effort). Reduce friction on desired behaviors (pre-prepared tools, environment setup).
6. Momentum Builder	Relies on getting started; once moving, action becomes easy.	Great for tasks prone to avoidance; strong snowball effect.	Struggles with starting; inconsistent output on low-energy days.	Use "start rituals" (timer, music, single action). Keep the start step very small. Protect early momentum.
7. Meaning/Value Reframer	Changes behavior by altering the meaning or value assigned to the old behavior.	Deep, identity-aligned; sustainable; powerful for long-term transformation.	Slow; requires introspection; not effective for acute habits.	Reframe triggers ("this isn't food"). Use value-based scripts. Combine with abstainer/constraint approaches when needed.
8. Emotion-Regulation Changer	Adjusts behavior by altering the emotional states that lead to it.	Targets root cause; very effective for stress-related behaviors.	Harder to operationalize; requires emotional awareness; risk of intellectualization.	Identify emotional precursors. Build alternative coping mechanisms. Pre-empt triggers with self-regulation rituals.
9. Routine Integrator	Incorporates new behaviors into existing routines.	Low cognitive load; stable over time; good with daily life rhythms.	Falls apart if routines break; limited creative flexibility.	Piggyback new behaviors onto stable routines. Use contextual cues (after gym → do X).
10. Accountability-Based Changer	Relies on others expecting or monitoring the behavior.	Strong short-term compliance; good for initial behavior change.	Dependency; collapses when accountability removed; autonomy erosion.	Use only at the beginning of change. Transition quickly to internal control. Limit accountability partners to one.

Table 12: Behavior Change

Promoted vs Works for You: Planning Architecture Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Linear Planner **Breaks project into sequential tasks**	Creates a weekly plan → divides it into daily tasks → executes in sequence. Define week → break into days → execute sequentially.	Predictable, structured, good for stable routines, low ambiguity. Reliability, predictability.	Brittle under interruptions; stressful if plans shift; prone to over-planning. Collapses under interruptions.	Use templates for each day; keep plans short; build in "buffer blocks"; treat disruptions as expected, not failures.
2. Constraint Planner **Sets fixed boundaries and rules; executes freely inside**	Sets non-negotiables and boundaries → lets everything else self-organize within those constraints. Decide the non-negotiables → lock them → let everything else float.	Ultra-low cognitive load, removes negotiation, high clarity, stable execution. Cognitive clarity; no overload; high autonomy.	If constraints are vague, the whole system stalls; rigidity can resist necessary updates. If constraints are unclear, planning stalls.	Define 3–6 hard constraints per week; update constraints monthly; avoid half-rules ("sometimes X") — make them binary.
3. Outcome Anchorer **Defines end-states for the week/project**	Defines outcomes for the week rather than tasks; tasks emerge spontaneously to support outcomes. Define outcomes, not actions. Example: "This week ends with X finished," rather than "Monday I do A, Tuesday B..."	High focus, reduces busywork, aligns action with actual goals. Focused, flexible, lean.	Needs clarity on outcomes; can drift if outcomes are abstract or too big. Requires clarity on desired outcomes.	Make outcomes concrete ("Finish X," "Reach Y state"); limit to 1–3 per week; review only once.
4. Block Architect **Reserves time blocks, not tasks**	Protects time blocks (deep work, admin, gym) rather than predefined tasks; tasks get done inside those blocks. Assign blocks (Deep Work, admin, gym, etc.) but not specific tasks.	Reduces scheduling friction, preserves focus, handles interruptions well. Protects time without micromanaging.	Requires discipline to respect blocks; easy to overload blocks with too many expected tasks. Needs discipline to respect blocks.	Keep blocks simple (Deep Work AM, Admin PM); guard them like appointments; never schedule tasks inside blocks in advance.
5. Opportunistic Executor **Chooses tasks based on energy**	Keeps a pool of tasks; chooses what to do based on energy, mood, or cognitive sharpness. Keep a list; pick tasks when cognitive energy peaks.	High adaptability, great for creative or intuitive work; uses natural energy cycles. High creativity; natural flow alignment.	Easily avoids unpleasant tasks; risk of fragmentation or drift. Easy to drift or avoid unpleasant tasks.	Use a "must-do" short list (1–3 items max); keep unpleasant tasks tiny (5–10 mins); pair with outcome anchoring for direction.
6. Habit Builder **Repeats actions daily**	Relies on consistent repetition (same actions at same times); the plan _is_ the habit.	Stable, predictable, automatic; low willpower demands once built.	Hard to start; breaks easily under schedule changes; gets stale.	Build one habit at a time; attach new habits to existing cues; use environment cues not motivation.
7. Micro-Committer **Very small daily actions**	Uses tiny, low-barrier daily actions to maintain momentum ("just 5 minutes").	Great for beating avoidance; prevents overwhelm; creates early traction.	Progress can be slow; easy to mistake "tiny action" for full progress.	Set strict ceilings ("no more than 5 minutes"); increase scope only when stable; combine with weekly outcomes.
8. System Optimizer **Designs supporting environment/systems**	Designs interconnected systems (sleep → training → food → work) so planning becomes unnecessary.	Very robust; reduces friction across life; once stable, minimal upkeep.	Complex to design; requires self-awareness; breaks if one subsystem collapses.	Build systems slowly; update monthly; eliminate weak links; don't systematize everything — only what compounds.
9. Incentive Hacker **Uses rewards, gamification**	Uses rewards, gamification, or streaks to create motivation.	Fast activation; helpful for boring tasks; easy to measure.	Fragile; collapses when rewards vanish; can create dependency.	Use only for low-stakes tasks; avoid tying identity to rewards; keep rewards non-food and non-sweet.
10. Accountability Relier **Anchors work via external expectations**	Anchors action via external observers (coach, partner, group).	Strong compliance; reduces internal load; good for behavior that's hard to self-start.	Dependent on others; weakens autonomy; breaks if accountability disappears.	Use minimal accountability (one person); keep deadlines lightweight; transition to autonomy over time.

Table 13: Planning Architecture

Promoted vs Works for You: Work Cycle Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Consistent Daily Producer (pushed model)	Works at a steady pace every day; prefers uniform output and routines.	Predictable, easy for managers, works well for repetitive or procedural roles.	Terrible fit for deep thinkers; suppresses creativity; leads to burnout under complexity.	Use only for maintenance tasks. Avoid forcing this model onto creative or strategic work. Give yourself days without performance expectations.
2. Deep-Block Worker	Works in long, uninterrupted blocks (2–4 hours), often fewer but more intense sessions.	Extremely high-quality output; ideal for complex or creative work; minimal context switching.	Requires protected time; vulnerable to interruptions; not compatible with meeting-heavy jobs.	Reserve morning blocks. Stack meetings in the afternoon. Use firm boundaries for block protection.
3. Pulse Worker	Alternates between dormant phases and intense productive bursts lasting days or weeks.	Huge surges of output during pulses; natural fit for creative breakthroughs.	Dormant phases mistaken for laziness; unpredictable timing; hard to explain to others.	Normalize pulse cycles. Plan major work during peaks. Use troughs for admin and recovery. Don't try to force constant output.
4. Surge Worker	Produces short, powerful bursts of work triggered by deadlines, urgency, or inspiration.	Incredible speed; thrives under pressure; effective crisis solver.	Risk of burnout; uneven pacing; may procrastinate until surge.	Use “soft deadlines” to trigger manageable surges. Build buffers. Avoid chaining surges back-to-back.
5. Rhythmic Worker	Has predictable weekly patterns (e.g., high-energy Mondays, strategic Wednesdays, production Fridays).	Stable cadence; good for planning; low stress once rhythm established.	Rhythm collapses under travel or disruption; harder to start new rhythms.	Map your weekly rhythm. Align work types with corresponding days. Reset rhythm after disruptions using a ritualized Monday start.
6. Seasonal Worker	Productivity varies with seasons (literal or metaphorical): e.g., winter deep work, spring launching, summer social, autumn refinement.	Very sustainable; naturally aligned with long-term cycles; ideal for big projects.	Hard to adapt to environments demanding constant output; misunderstood by others.	Plan big projects seasonally. Use off-seasons for consolidation. Communicate cycle expectations with collaborators.
7. Opportunistic Worker	Works intensely when conditions are perfect (energy, environment, clarity).	High-quality bursts; responsive to internal state; adaptable.	Highly inconsistent; easy to drift; progress stalls without scaffolding.	Use constraints to bound freedom. Pair with weekly outcomes. Don't rely on opportunism for long-term goals.
8. Modular Worker	Prefers dividing work into self-contained modules and completing them independently.	Good for managing complexity; reliable delivery of units; strong for engineering or writing.	Struggles with unstructured work; may get stuck designing modules.	Break projects into meaningful units. Define “done” for each module. Avoid over-slicing.
9. Recovery-Weighted Worker	Requires significant rest or downtime after intense work sessions. Rest is part of the cycle, not optional.	Avoids burnout; high-quality peaks; sustainable for decades.	Looks less productive in daily metrics; misunderstood by schedule-fillers.	Schedule recovery deliberately. Protect post-peak downtime. Explain cycles to collaborators if needed.
10. Hybrid Adaptive Worker	Shifts between cycles based on the project stage (pulse for ideation, deep-block for writing, consistent for editing).	Very versatile; optimized per phase; manages complexity well.	Requires self-awareness; risk of chaotic switching if not deliberate.	Define which cycle fits each phase. Switch only when phase transition occurs, not randomly.

Table 14: Work Cycle

Promoted vs Works for You: Motivation Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. External Reward–Driven (pushed model)	Acts in response to incentives, rewards, streaks, achievements, gamification. Motivation comes from outside.	Quick activation, responsive to goals, works well for routine tasks, easy to structure.	Fragile under stress, collapses when reward removed, can hollow out intrinsic motivation.	Use for boring or repetitive tasks only. Keep rewards small and unrelated to core identity. Avoid using for long-term goals or creative work.
2. Identity-Driven	Acts from a chosen identity ("I am the kind of person who..."). Behavior flows from self-concept.	Extremely stable, requires low willpower, resilient under stress, coherent actions.	Hard to change identity without deep reflection; risks rigidity if identity is misaligned.	Choose identities deliberately. Use "I don't" instead of "I can't." Build environments that reinforce identity rather than motivation.
3. Autonomy-Driven	Acts best when completely self-directed, with minimal external pressure or oversight.	Strong independence, high intrinsic motivation, innovative thinking.	Reactance to imposed structure, rules, micromanagement; can resist needed constraints.	Remove unnecessary structure. Build systems that preserve freedom inside boundaries. Avoid external accountability frameworks.
4. Constraint-Driven	Motivated by removing alternatives, setting strict boundaries, and making decisive structural moves.	Low friction, no negotiation, very reliable, great long-term compliance.	Rigid if constraints aren't updated; over-application can block flexibility when needed.	Keep constraints few and high-impact. Update monthly. Pair constraints with clear goals.
5. Curiosity-Driven	Acts when something is interesting, puzzling, or draws exploration.	Great for discovery, innovation, learning, creative projects.	Weak for repetitive or administrative tasks; inconsistent output.	Use curiosity for problem-solving and ideation. Pair with minimal constraints to avoid drift.
6. Purpose-Driven	Acts when the work feels meaningful or tied to a larger "why."	Deep, sustained motivation; very resilient.	Hard to activate when purpose is unclear; susceptible to existential overthinking.	Define purpose at the project level, not global life level. Use "local purpose statements" to anchor action.
7. Energy-Driven	Motivation fluctuates with physical/cognitive energy; acts strongest when mentally sharp.	High efficiency during peak states; great creative output.	Unpredictable; inconsistent scheduling; fails under strict calendars.	Protect peak hours via sleep, food, and environment. Use short opportunistic sprints during high-energy windows.
8. Social-Driven	Motivated by interaction, shared goals, community, teamwork.	Works well in groups, high accountability, relational energy boosts.	Dependent on others; collapses in isolation; hard for solitary work.	Use co-working, shared objectives, or partner check-ins. Avoid prolonged solitary workflows.
9. Achievement-Driven	Motivated by hitting targets, improvement, challenge, measurable progress.	Strong for growth, training, milestones, competitions.	Can become perfectionistic; burnout risk; outcome over process.	Set tiered goals (baseline/target/stretch). Celebrate process, not only results. Avoid tying identity to achievements.
10. Fear-Avoidance–Driven	Motivated by avoiding consequences: failure, embarrassment, loss.	Effective for short-term deadlines; strong urgency.	Stressful, unsustainable, brittle, suppresses creativity.	Use sparingly (external commitment, deadlines). Transition to identity/purpose for long-term work.

Table 15: Motivation

Promoted vs Works for You: Organization Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Minimalist Organizer (pushed model)	Keeps physical and digital spaces extremely clean and sparse; everything must have a place.	Visually calming; easy to clean; reduces decision fatigue; good for linear thinkers.	Can become compulsive; fragile if environment gets messy; suppresses creative chaos.	Use minimalism for admin spaces only. Allow “mess zones” for creative work. Avoid perfectionism.
2. Spatial Memory Organizer	Remembers information by where things are physically located; apparent mess is actually an index.	Very fast retrieval; intuitive; supports associative thinking; works well for creative projects.	Looks chaotic; misunderstood by others; easy to overload space.	Keep zones consistent. Use wide-open desks. Don't over-tidy. Use “landmark objects” to encode information placement.
3. Networked Organizer	Stores information through conceptual connections rather than locations or files.	Superb for complex ideas; natural for research; flexible and adaptive.	Hard to maintain physical order; information sprawl; danger of losing track.	Use digital tools that support linking (Obsidian, Roam). Periodically prune orphan nodes. Add index pages for clarity.
4. Sequential Organizer	Needs information arranged in clear, ordered sequences (steps, stages).	Great for procedural tasks, SOPs, and training others.	Struggles with non-linear info; creativity feels blocked; brittle if sequence breaks.	Use templates and checklists for routine work. Avoid applying sequential order to creative material.
5. Category Organizer	Sorts information by stable groups (folders, labels, tags).	Predictable, scalable, easy to share with teams.	Too rigid; categories multiply endlessly; struggles with ambiguous items.	Keep category count low. Use hierarchical tags sparingly. Reorganize quarterly.
6. Context Organizer	Organizes items based on use-context (“things I use at my desk,” “travel gear”).	Efficient for task flow; reduces hunting for items.	Can blur categories; requires maintaining context-labeled areas.	Design spaces around activities. Keep “kits” for frequent contexts. Avoid mixing contexts.
7. State-Dependent Organizer	Organizes only when in a specific cognitive/ emotional state.	When the state hits, produces high clarity and efficiency.	Unreliable; can lead to accumulating disorganization.	Schedule a weekly or bi-weekly “reset state” ritual with music/environment triggers.
8. Archivist Organizer	Stores everything for future reference; builds large archives.	Rich memory resources; excellent historical retrieval; valuable for long-term projects.	High storage cost; clutter; difficult to find items without strong indexing.	Use strong metadata (tags, dates). Keep a “recently active” subset visible. Archive aggressively every quarter.
9. Rotational Organizer	Constantly reorganizes as part of thinking; reordering equals understanding.	Good for problem-solving; the act of organizing sparks insight.	Time-consuming; can become procrastination; unstable systems.	Limit reorganizing to specific projects. Avoid reorganizing the entire system. Document final structures.
10. Hybrid Organizer	Uses different organization modes for different contexts.	Flexible; adaptable; good for complex work.	Requires deliberate boundary-setting to avoid chaos.	Assign one organizational style per domain (work, research, home). Don't mix modes inside one domain.

Table 16: Organization

Promoted vs Works for You: Time Management Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Schedule Filler (pushed model)	Manages time by planning every hour, filling calendar slots with tasks and commitments.	Highly organized, predictable schedule, good for meetings and routine work.	Brittle; collapses under interruptions; creates constant rescheduling; suffocates creative work; high cognitive load.	Use only for roles with fixed duties. Build “white space” buffers. Avoid scheduling creative work by the hour.
2. Block Architect	Allocates blocks (deep work, admin, creative, rest) without specifying tasks in advance.	Resilient, low friction, protects focus, excellent for creative or analytical roles.	Blocks must be defended; easy to allow intrusions.	Keep blocks sacred. Use consistent times. No multitasking inside blocks. Pair with weekly outcome anchors.
3. Sprinter	Works in intense, highly productive bursts followed by downtime.	Very high peak output; excellent for deadlines and creative surges.	Unpredictable cycles; needs recovery; inconsistent daily productivity.	Plan around pulses. Use downtime for low-stakes tasks. Don't force bursts; let them emerge.
4. Timer/Interval Worker (e.g., Pomodoro)	Uses short intervals (25–50 min) followed by breaks.	Great for beating procrastination; effective for administrative work.	Disrupts deep work; breaks flow; not ideal for complex creative thinking.	Use only for shallow tasks. Avoid interval work for deep or immersive projects.
5. Flow-Follower	Works when the mind is ready; relies on intuition for timing.	High-quality output when in flow; very strong creativity.	Unpredictable; prone to avoidance; inconsistent progress on large projects.	Combine with minimal constraints (e.g., one mandatory block/day). Capture flow sessions when they arise.
6. Fragmenter	Works in many small bursts scattered across the day.	Good for heavy-interruption environments; flexible.	Hard to enter depth; project fragmentation; shallow output.	Use for admin or reactive tasks. Keep creative/strategic work in larger blocks.
7. Ritualist	Uses fixed rituals (same time, same environment) to trigger productive states.	Strong state conditioning; predictable entry into work mode.	If ritual breaks, productivity stalls; fragile under change.	Make rituals minimal (coffee → desk → block). Replace rituals intentionally when disrupted.
8. Energy-Allocator	Plans work around energy cycles (peak hours for deep work, low energy for admin).	Very efficient; maximizes quality and reduces fatigue.	Must understand own rhythms; requires flexibility; not ideal in rigid jobs.	Map your energy curve. Protect peak hours. Place admin tasks in energy troughs.
9. Opportunistic Executor	Does important tasks whenever mental clarity or time momentarily opens up.	Takes advantage of micro-windows; flexible; good for idea capture.	Not reliable for large projects; weak prioritization.	Pair with weekly outcomes and constraints to avoid drifting.
10. Minimal Scheduler	Schedules almost nothing except must-do commitments.	Low stress; high autonomy; great for deep thinkers.	Risk of missing deadlines or letting admin tasks slip.	Use a strong task repository and weekly outcome review. Keep a small number of fixed commitments.

Table 17: Time Management

Promoted vs Works for You: Career Trajectory Types

Type	Definition	Strengths	Weaknesses	Tips for Best Use
1. Linear Ladder Climber (pushed model)	Follows the traditional path: increasing responsibility → promotion → management → senior leadership.	Clear progression; socially validated; predictable financial and status growth.	Terrible fit for deep specialists; removes people from work they're actually good at; management burnout.	Only follow this path if you enjoy managing people. Decline promotions that move you away from your strengths.
2. Deep Specialist	Builds profound expertise in a narrow domain and becomes irreplaceable at that depth.	High value, high autonomy, strong intellectual satisfaction.	Limited in organizations that only reward managerial tracks; can feel siloed.	Seek organizations that value expertise. Build visibility and publish/teach to avoid obscurity.
3. Project Nomad	Moves across projects rather than titles; thrives on variety, complexity, and new challenges.	High adaptability; broad experience; strong pattern recognition.	Risk of instability; may appear unfocused to traditional managers.	Build a project portfolio. Frame variety as strategic breadth. Maintain core competencies for stability.
4. Creative Independent	Works best when self-directed: freelance, contractor, consultant, or independent creator.	Autonomy, flexibility, alignment with internal cycles, strong creative output.	Requires self-management; financial variability; less external structure.	Build constraints and client selection rules. Use blocks and outcomes for self-direction.
5. System Builder	Creates, improves, or designs systems—technical, organizational, conceptual.	Scales impact beyond personal output; highly leverageable.	May get frustrated in bureaucratic environments; systems can be ignored by low-awareness teams.	Work in environments that value long-term thinking. Document systems clearly. Pair with high-ownership teams.
6. Strategic Individual Contributor	Operates at senior levels without managing people; contributes through high-level expertise, judgment, and execution.	Best of both worlds: influence without people-management burden; preserved autonomy.	Many companies don't have clear IC paths; risk of being nudged into management anyway.	Choose orgs with dual career ladders. Negotiate IC roles explicitly. Demonstrate strategic value through outcomes.
7. Mission-Driven Operator	Works best when the work aligns with a personal mission, value, or meaning.	Highly motivated; resilient; strong long-term commitment.	Vulnerable to burnout if mission is violated; difficulty leaving unhealthy environments.	Choose missions that scale with your life. Re-evaluate mission alignment annually. Maintain boundaries even when passionate.
8. Network-Oriented Climber	Advances through relationship-building, alliances, reputation, and social capital.	Effective in politics, sales, leadership, partnerships.	Vulnerable to organizational shifts; dependent on social environments; tiring for introverts.	Build a small, high-quality network. Avoid overexposure. Focus on mutually beneficial alliances.
9. Season-Cycle Worker	Alternates between intense career phases and consolidation/rest periods.	Sustainable long-term; excellent for creative or intellectual fields; high peaks of productivity.	Hard to fit into traditional corporate structures; misunderstood as inconsistent.	Choose roles with project cycles or seasonal cadence. Negotiate flexibility upfront. Use consolidation periods to re-skill.
10. Hybrid Portfolio Careerist	Maintains multiple streams: e.g., job + side project + consulting + writing.	Diversified identity; reduced dependence on one employer; broad skill set.	Requires high self-management; risk of overextension; scattered if unstructured.	Set constraints: 1–2 main lanes + 1 optional. Use quarterly review to rebalance. Focus on leverage, not volume.

Table 18: Career Trajectory