

Worksheet 1.1: Ten-Task Cognitive Modes Map

Companion to Elastic Intelligence, Chapter 1

Name: Date:

How to use: Use this with Section 1.2. List ten tasks from a real week, estimate the hours for each, and tick the mode it mostly uses. Then decide which tasks should move.

#	Task	Hours/week	Analytical	Relational	Creative	Ethical	AI exposure (L/M/H)	Keep / Shift / Hand off

Totals by mode: Analytical h · Relational h · Creative h · Ethical h

Mode	Now (%)	Target in 90 days (%)	One change that gets me there
Analytical			
Relational			
Creative			
Ethical			

Which task most surprised me, and why?