# 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 |
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**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?**

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