

Productivity Identity Map

This resource will help you:

- ✦ See all your roles on one page
- ✦ Track where your energy really goes
- ✦ Spot what energises you vs. what drains you
- ✦ Plan systems to make life easier

Instructions

Grab provided template or an empty piece of paper and follow the instructions to create your own

Map out life areas → work, family, hobbies, personal projects

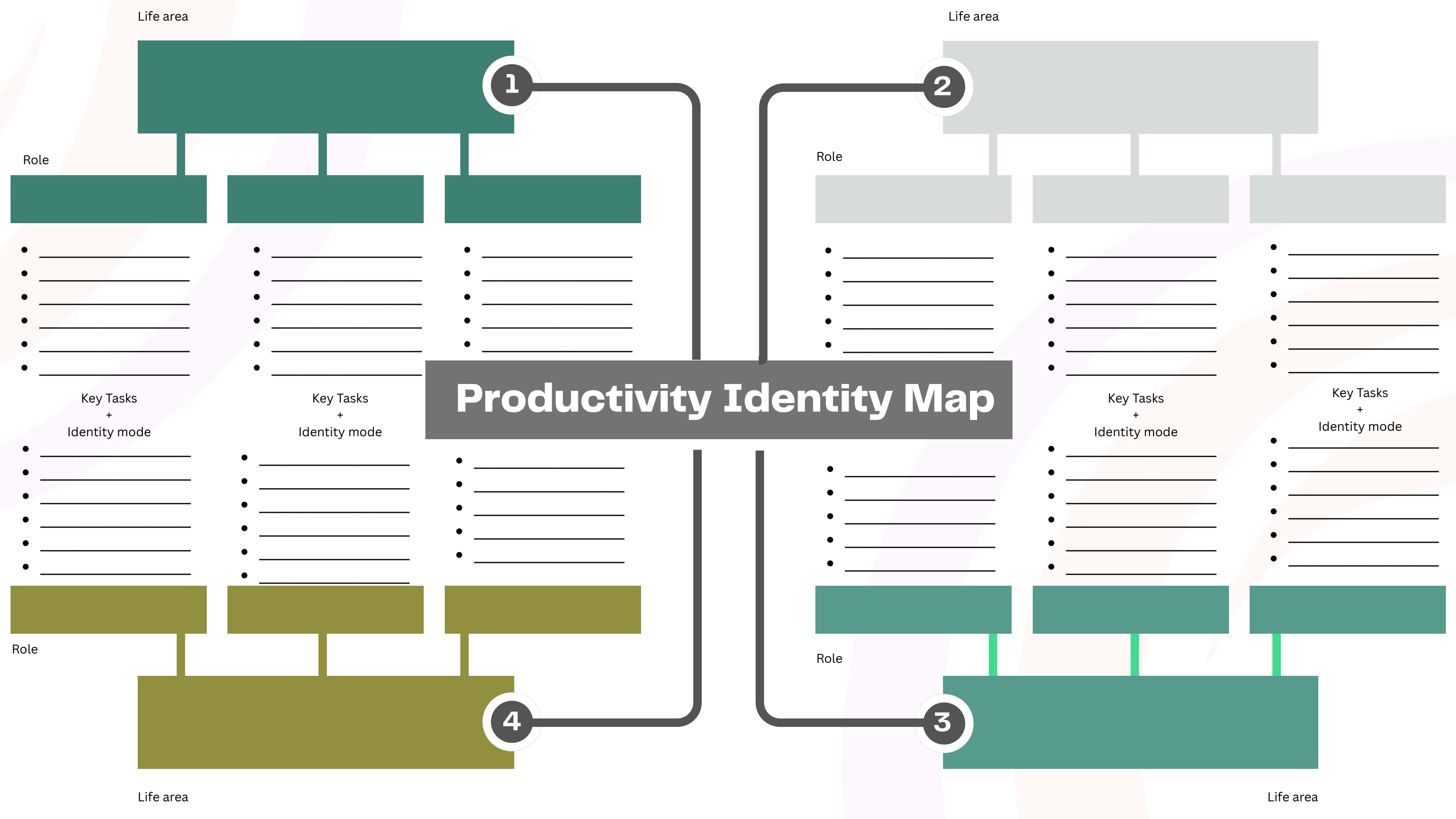
Break them into roles → mum, mentor, collaborator, etc.

Note your key responsibilities and tasks that happen on average week

Add the “identity mode” you show up in — the perfectionist, the creative cave-dweller, the energiser

Use colour or symbols to show:

- Energy spent
- Importance
- Satisfaction



EXAMPLE

