

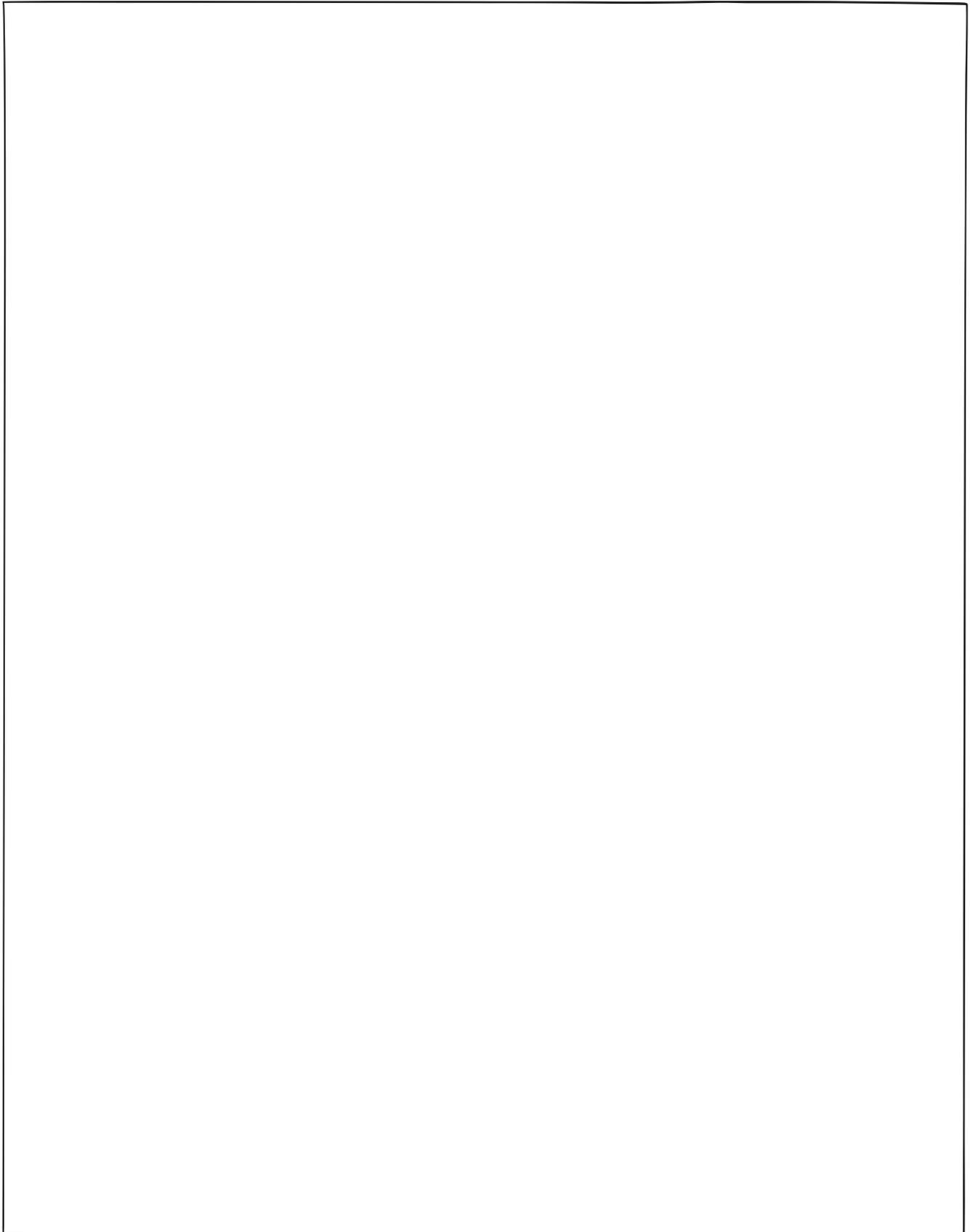
Productivity Awareness Generator

If we don't take the time and make the effort to recover from the effects of work, we can end up in a state of unawareness about our health and ability to perform well. We forget what true productivity feels like, we can become reactive, mindless, and frequently overwhelmed.

It is easy to miss the signs of cognitive depletion and overwork, particularly if it has normalised over time. As a practical way to generate some awareness, consider the statements below and how true they may be for you. Check the box next to each statement that applies (fully or partially) to your current experience.

I get caught up in low-level or 'transactional' tasks	<input type="checkbox"/>
I don't move projects along as quickly or as much I planned to	<input type="checkbox"/>
I find it hard to prioritise my goals	<input type="checkbox"/>
I jump from task to task	<input type="checkbox"/>
I carry out my work in the same way I always have	<input type="checkbox"/>
I am out of touch with the wider organisation or business	<input type="checkbox"/>
My professional learning and development lacks direction and commitment	<input type="checkbox"/>
I get side-tracked from the tasks I set out to do	<input type="checkbox"/>
Finishing one task only serves to move me to the next	<input type="checkbox"/>
Work is unsatisfying and uninspiring	<input type="checkbox"/>

My notes and observations, plans and healthy intentions:

A large, empty rectangular box with a thin black border, intended for the user to write their notes and observations, plans, and healthy intentions.