

How this planner works

Built for brains that need less friction, not more pages.

- 1

Open it in your app

GoodNotes: + › Import › choose the PDF. Notability: Import › PDF. Noteshelf, Xodo, Samsung Notes, Kindle Scribe and reMarkable open it too. Stay in a "read / hand" mode when you tap links.
- 2

Tap, don't scroll

Month tabs on the right, the menu on top, every date in a calendar and every week number are links. Scrolling through 480 pages is the friction this planner removes.
- 3

Start small

Use the daily page for one week: Top 3 + the one-thing box. Ignore everything else until it feels easy.
- 4

Brain dump first

When your head is loud, empty it on a brain dump page before you plan. Planning a full head never works.
- 5

Shrink the task

Stuck? "Chunk it" turns a big task into steps so small the first one takes two minutes.
- 6

Reward on purpose

Fill your dopamine menu once. Pick from it when you need a start or a break, instead of the phone.
- 7

Missed days are fine

Dated pages are not a test. Skip, come back, carry on. The planner is still here.

Dopamine menu

Fill it once, on a good day. On a hard day, order from it instead of reaching for the phone.

Starters

2–5 minutes · quick boost to get going

- make tea
- one song, loud
- step outside

Mains

bigger, really satisfying

- walk with a podcast
- cook something
- call a friend

Sides

pair with a boring task

- music
- body double video
- fidget / standing desk

Desserts

nice, but set a timer

- scrolling — 10 min
- one episode
- game — one round

Specials

save for big wins

- day trip
- new book
- favourite restaurant

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Chunk it — task breakdown

Too big to start = not broken down enough. Make step 1 so small it takes two minutes.

Big task

Step		my guess	× 2 = real
☐ 1.			
☐ 2.			
☐ 3.			
☐ 4.			
☐ 5.			
☐ 6.			
☐ 7.			
☐ 8.			
☐ 9.			
☐ 10.			

First 2-minute step:

Reward when done:

Big task

Step		my guess	× 2 = real
☐ 1.			
☐ 2.			
☐ 3.			
☐ 4.			
☐ 5.			
☐ 6.			
☐ 7.			
☐ 8.			
☐ 9.			
☐ 10.			

First 2-minute step:

Reward when done:

Brain dump

Write everything. Sort later: circle what is today, star what matters, cross out what is not yours.

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