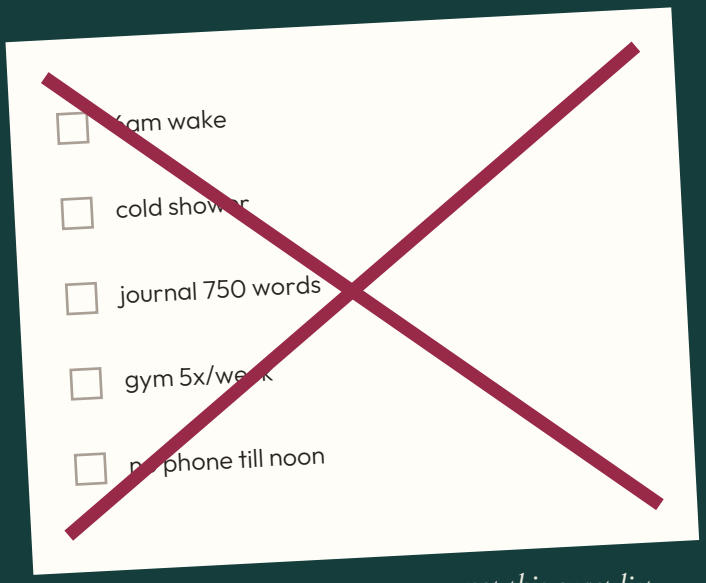
SOLA

A SOFT LANDING SPACE

UNDERSTAND
SUPPORT
CONNECT
BUILD

Create a System That Supports Your Life

systems that fit your brain



not this exact list —

the best planner is the one you'll actually open

Productivity isn't one-size-fits-all.

Most productivity advice is written by and for a particular kind of brain: steady energy, low sensory needs, motivation that responds to streaks and deadlines.

If that isn't how your brain works, following the advice exactly can leave you feeling like the problem — when really the fit was never right.

A system built around someone else's rhythm asks you to override your own signals just to keep it running.

There's nothing wrong with borrowing ideas. The mismatch happens when you copy the whole system and skip checking whether it fits how you actually work.

> *The best system is the one your brain will actually use.*

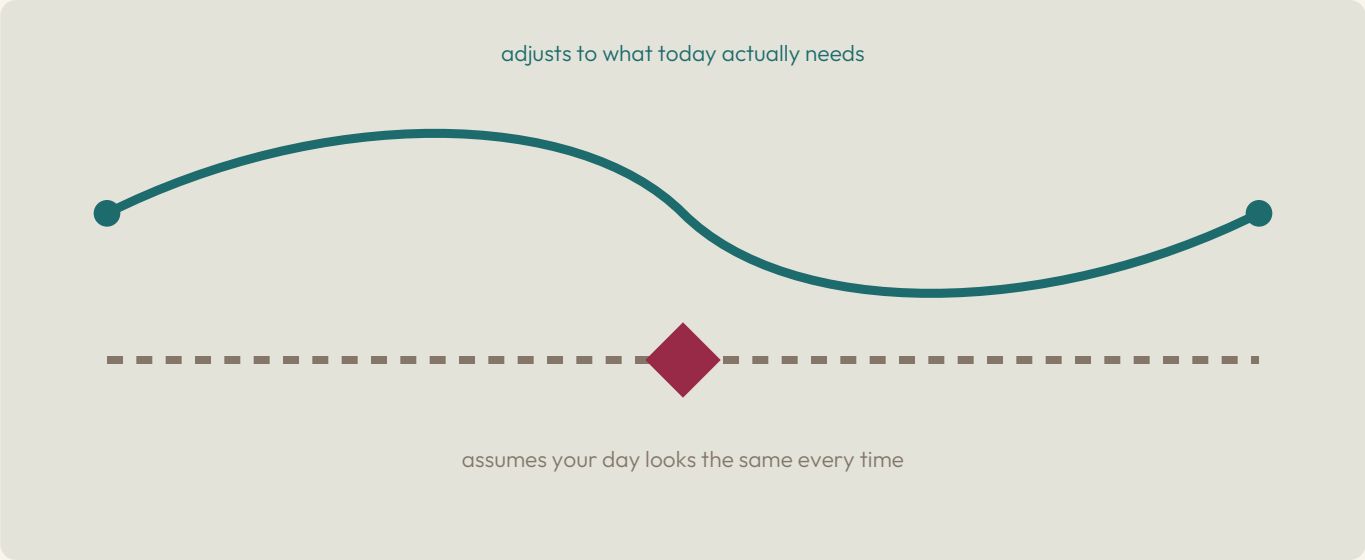
WHAT THIS LOOKS LIKE

- A daily-handwriting bullet journal can become a dreaded task.
- Time-blocking assumes energy some brains don't have on schedule.
- A streaks app can motivate one brain, stress another.

Why copying systems fails

Someone else's system was built around their constraints: their energy curve, their sensory tolerance, what feels rewarding, what they're willing to repeat every day. Copy the system without those details, and you're missing the parts that made it work.

It's easy to conclude "I just need more discipline" when a borrowed system stops working. But discipline was never the missing ingredient. Fit was.



TRY REFRAMING IT

"I just need more discipline."

"What part of this doesn't fit how I work?"

"Why can't I stick to this?"

"What would this look like sized to me?"

"This system failed."

"This system needs an edit, not a verdict."

A SMALL TEST

Pick one system you're currently forcing. This week, change only the timing or the format — not the whole thing — and see if the friction changes.

What makes a system yours.

Six dials that decide whether a system holds up. Everyone's needles sit in different places — there's no correct reading.



Energy Patterns
when focus peaks and dips



Reward Style
what feels satisfying



Attention Span
how long you can hold a task



Sensory Needs
what keeps you regulated



Values
what sustains real effort



Constraints
real limits on time and body

Notice which needle you'd guess is furthest from where a borrowed system assumed it to be.

PICK ONE DIAL

Choose the factor you think has broken the most systems for you. That's the one worth designing around first.

Which systems have you dropped?

Think of a productivity system, app, or method you tried and stopped using. No wrong answers.

NOTE What did I like about it in theory?

NOTE Where did it stop matching how I actually work?

NOTE What did I quietly start skipping first?

NOTE If I kept only one part, what would I keep?

The parts you kept are often more honest than the system you dropped.

MISMATCH RECEIPT

name what didn't fit, not what failed

ENERGY MISMATCH

- ☐ Assumed steady energy I don't have ✓ ?
- ☐ Required mornings I can't guarantee ✓ ?
- ☐ Ignored my low days entirely ✓ ?

RIGIDITY

- ☐ No room to skip a day ✓ ?
- ☐ One missed step broke it all ✓ ?
- ☐ Didn't allow a messy version ✓ ?

REWARD MISMATCH

- ☐ Rewards didn't feel motivating ✓ ?
- ☐ Streaks created pressure, not momentum ✓ ?
- ☐ Progress wasn't visible enough ✓ ?

SENSORY / SETUP

- ☐ Too many steps to set up ✓ ?
- ☐ Materials or app felt like friction ✓ ?
- ☐ Environment wasn't accounted for ✓ ?

TOTAL BARRIERS NAMED: ☐

A mismatch named is a system you can edit — a failure is just something to feel bad about.

Borrowed structure changes what you can sustain.

Our energy, honesty, and follow-through look different with a system built for you versus one borrowed exactly.

copy their system

my energy is:

my emotions are:

my follow-through is:

build my own version

my energy is:

my emotions are:

my follow-through is:

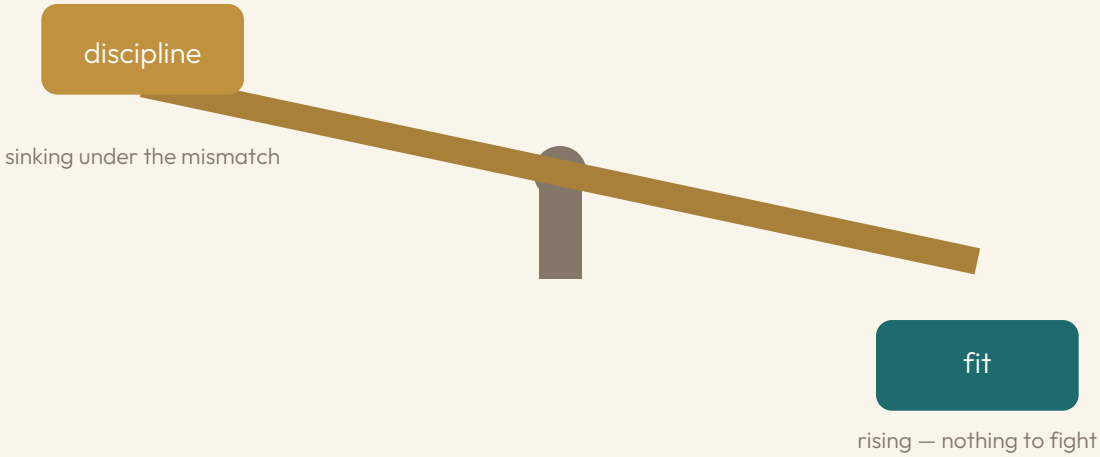
Neither half is the "correct" you. One of them is just built to last.

TALK IT THROUGH

Share one system mismatch you've noticed with your Community Circle this week.

More discipline, or more fit?

Sometimes we blame discipline when what's missing is fit.



discipline patterns

- ☐ trying harder
- ☐ forcing a mismatched schedule
- ☐ guilt when I skip a day
- ☐ starting over from scratch
- ☐ comparing to how it "should" work

fit adjustments

- ☐ adjusting the timing
- ☐ changing the format
- ☐ shrinking to one rule
- ☐ building a lower-effort version
- ☐ letting it change over time

WORTH ASKING

What are you trying to solve with discipline right now that might actually need a redesign?

Build your system.

Four adjustments, cut like index cards. Pick the one that matches today's mismatch.

Copy the shape, not the steps

Borrow the structure of a system, not its exact rules.

e.g. keep 'weekly review,' drop the app

01

Reduce to one rule

Strip it down to the single rule that matters most.

e.g. 'write the next step' survives

02

Match your energy curve

Schedule the hardest part for your best hours.

e.g. plan at night if mornings are hardest

03

Let it evolve

Expect the system to change as you learn what fits.

e.g. revisit monthly, not forever

04

You don't need all four at once. Pick one card.

WHICH CARD FITS TODAY?

Rigid system: try 01 or 03. Bloated system: try 02. Feels done for good: try 04.

Translate insight into a system.

Turn what you've noticed into a plan — pin your own notes below.



IF YOU GET STUCK

Start from the mismatch, not the feeling. Once you can name what's actually not fitting, the tweak usually suggests itself.

My system experiment

A small, low-pressure experiment. You're gathering information, not building a perfect system.

01 The system I'm working with is:

02 One mismatch I notice is:

03 One tweak I will try is:

04 I will make it smaller by:

05 I'll know it fits if:

A system that needs willpower to survive was never the fit. Keep adjusting until it isn't a fight.

This week's experiment

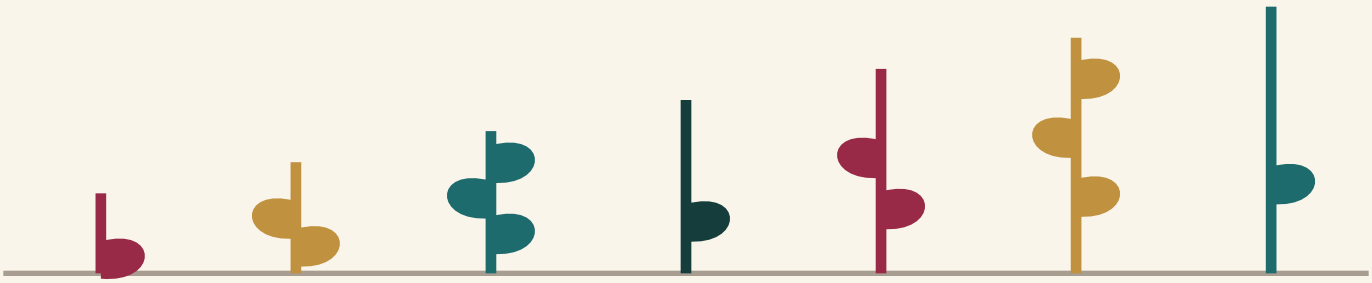
One small experiment can create new data for your brain.

01 One tweak I will try.

02 One rule I will drop.

03 One thing I will observe.

04 One thing I am curious about.



Curiosity before criticism. Fit creates follow-through.