

The background of the page is filled with a complex, abstract pattern of thin, orange-colored lines. These lines are arranged in a way that creates a sense of movement and depth, resembling a series of overlapping, wavy bands that flow across the page. The lines are most dense in the center and become sparser towards the edges, creating a subtle gradient effect. The overall aesthetic is clean, modern, and artistic.

Anti-procrastination Method

A tool to stop chasing time
and find your bearings

Why this method exists ?

This method was born from a simple observation: when everything piles up in your head, it becomes difficult to know where to start.

This notebook was designed to help you **find clarity, set anchors, and move forward with more serenity, even during busy periods.**

It speaks to engaged, invested, sensitive people, those who already do a lot and sometimes feel the need to **slow down to better refocus.**

What this method brings you

- A clearer vision of what you're experiencing and what you're doing
- Simple anchors to organise your time gently
- A space to lighten your mental load
- A more fluid way to move forward, without pressure

This method is **a tool for clarity and calm**, designed to meet you where you are.

The spirit of the method

This notebook was imagined as a **free space.**

You can :

- use one page or several
- navigate between sections according to your needs
- come back to it whenever you feel the urge

It's here to support you in key moments, those where taking time for yourself makes all the difference.

The different parts of the notebook

When I'm overwhelmed :

A space to slow down when everything speeds up.

Goal :

- release what's running through your mind
- find a sense of calm
- identify a simple, immediately accessible next step

It's a moment to gently come back to what matters.

Clear Time :

A space to structure your time with clarity.

Goal :

- make your day or your moment more readable
- visualise what is present
- move forward with a flexible structure

Here, you bring clarity to your time, without seeking perfection.

Subjects & Spaces :

A space to anchor what you've set down.

Goal :

- consolidate your anchors
- lean on what has been clarified
- continue with more stability

Subjects represent :

- the major areas of your life or your day
- what demands attention
- what is present in the background

E.g. : work, admin, family, rest, etc.

Subjects allow you to name what exists, without hierarchy, without pressure.

Spaces represent :

- concrete or symbolic places
- the contexts in which you act
- the locations (physical or mental) associated with a Subject

E.g. : office, home, car, computer, etc.

Spaces allow you to give a concrete form to what you're experiencing.

These pages help you move forward step by step, at your own pace.

Why Subjects + Spaces = Stabilisation ?

Because your brain :

- calms down when it classifies
- reassures itself when it locates
- moves forward better when it knows where it is

Subjects answer :

"What is this about?"

Spaces answer :

"Where does this happen?"

Together, they create **lasting anchors**.

An intuitive use

- You choose the sections that resonate with you
- You adapt the tool to the way you work
- You use it as often as you wish

This notebook is designed to **support you**, simply.

The method audios

The audios were designed as a gentle companion.

They can be listened to :

- To recentre yourself
- To encourage yourself
- To find a calmer inner space

You can use them :

- before writing
- after filling in a page
- or independently of the notebook

They are here to **support your journey**, naturally.

A message for you

If this method is in your hands, it means you are already in motion.

Every step counts, even the smallest ones.

Every moment of clarity is precious.

This notebook is here to help you reconnect with yourself.

Moving forward sometimes simply means knowing where you stand.