



FREE GUIDE

A content system for neurodivergent minds

A method for experts who hate the advice “post at 9:00 on schedule”. A system that works with your brain, not against it.

Get the system



What's inside



7 parts · 5 templates

WHAT YOU GET

A system that works **even in chaos**

No mood and no energy

Kids / deadlines / chaos

Ideas arrive at 2 a.m., not
on “content day”

You hate rigid schedules

01 Three modes instead of **one schedule**

Classic advice is written for people with no kids, no ADHD and a perfect Monday. Instead of a schedule, three modes. Every morning you pick one.

● Minimal

Bad day, no energy · **15 minutes**

- 1 Story or a short Reel
- 3 short posts on Threads

Rule: one Story and you haven't disappeared.

● Standard

Normal day, you have energy

- 2-3 Instagram posts
- 5 Threads posts
- 1 LinkedIn post

● Hyperfocus

Everything is on fire, ideas flow

- A batch session for 5-7 days ahead
- One session = a week covered

Rule: golden time to build a buffer.

Rule: your baseline, not a heroic effort.

02 An idea capture system

Ideas come in the shower, in the car, at 2 a.m. Then they vanish. The fix, three steps.

1

Send yourself a voice note in Telegram. No formatting, no thinking about the platform. Record it and move on.

2

Every 3 days you listen back and pick the **2-3 best ones** and turn them into content.

3

One idea becomes several formats. Exactly how, below.

03 Templates for **every** format

Open a template and just fill it in. No more "I don't know where to start".

REELS · PERSONAL

Hook: a specific moment from life

What I felt

What it gave me

A question to the audience

HOOK EXAMPLES

"Yesterday my kid asked: why do you work so much?"

"Three things I still can't get used to in Europe"

"I spent 3 hours on a post and deleted it"

REELS · PROFESSIONAL

A provocative statement

Why most people do the opposite

What actually works: 2-3 points

CTA: save / comment / try it

HOOK EXAMPLES

"85% of experts post less than once a week. Not because they're lazy."

"All AI content sounds the same. Here's how to fix it."

"LinkedIn quietly changed the algorithm."

LINKEDIN POST

Hook: a personal story in 1-2 sentences

THREADS

One sharp sentence

What I realised: the link to my work

Data or a concrete example

Takeaway + a question

One line of context

A question or a pause

EXAMPLES

"Batch your content on Sundays, advice written for people without ADHD."

"Would a friend recognise me in this post? If not, I start over."

04 One story → 6 formats

The main way to stop wasting energy. Film once, write once, get a week of content.

ONE EXAMPLE IN PRACTICE

"My kid got sick, I missed a deadline, and I feel guilty"

INSTAGRAM "Mother + founder. The real math"

THREADS «Done is better than perfect isn't productivity advice. It's survival.»

LINKEDIN «I became a better marketer after becoming a mother.»

FACEBOOK "I'm not a perfect mother. And that's okay."

SUBSTACK essay "On being someone's whole world"

05 Pillar matrix, where topics come from

Don't know what to write? Open the matrix and pick a cell.

LIFE

1. Relocation and life in the EU
2. Relationships: cultures, humour, reality
3. Motherhood, honestly and unfiltered
4. Freedom and personal growth
5. Travel and photography

PROFESSIONAL

6. AI and voice in content
7. LinkedIn strategy
8. Content systems without burnout
9. Building in public, product backstage
10. Marketing in international markets

The strongest posts sit at the intersection of two pillars:

Personal growth + AI

Motherhood + ADHD

"I was taught my voice didn't matter. Now I build a product that gives it back."

"A mother with ADHD builds a content system. Here's what actually works."

Relocation + brand

"When you move to another country, you learn to sound like yourself again. The best branding lesson."

ADHD + building

"Building SaaS with ADHD isn't a flaw. It's a superpower with an asterisk."

06 Batch day, a week of content in 2-3 hours

In the flow? Don't waste it on small stuff. Build a buffer.

Reels batch 2-3 hours

- One outfit, no changing
- Film 7-10 videos using the templates
- One pillar per video

Result: content for the whole week

Writing batch 1.5 hours

- 5 stories from life, written without editing
- Each one → LinkedIn + Threads + Facebook

Result: 10-15 texts in one go

Important: batching works because you don't context switch. Your brain is already in the mode, use the momentum.

07 Daily minimum, 15 minutes

5 min

Instagram Stories: a moment of the day + one question

5 min

Threads: one thought that was in your head today

Done. You're visible. This is **consistency**: steady presence beats perfect content once a month.

How it works together

1

In the morning you pick a mode

2

Idea → voice note in Telegram

3

15 minutes → Stories + Threads

4

2 hours → batch with templates

5

Stuck → pillar matrix

6

One moment → several formats

You stay visible, you don't burn out, and the content exists **even**
in chaos.

WHAT'S NEXT?

Content Booster Bootcamp

The guide is the foundation. The bootcamp is where you
implement the system in 30 days with an AI tool that learns
your voice.

30

days

30

content pieces

AI

sounds like you

Join the bootcamp



A content system without burnout

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