

Rule The Internet â Free automation guide

Capture ideas instantly, process them weekly

For solo operators running the whole business.

Who this is for

Solo operators and one-person businesses who wear every hat â sales, delivery, admin, and support â and need leverage without hiring a department.

Ideas in Notes app graveyards never become experiments.

Suggested stack

One inbox DB + weekly review. Primary tools: Notion, Apple Shortcuts, Todoist.

Do this

1. Single Idea Inbox (Notion or Todoist).
2. Phone share sheet / shortcut dumps text in under 5 seconds.
3. Friday: Keep / Kill / Schedule â empty the inbox.
4. Scheduled ideas get a one-hour experiment block.

Operator tip

Capture is free; unfinished ideas are expensive. Kill aggressively.

Free PDF

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