

FREE 15-MINUTE SYSTEM

THE SCATTERED IDEAS RESCUE KIT

The 15-Minute Note-Taking System to Build Your First Second Brain

Stop losing ideas. Start turning what you consume into things you create.

SCREENSHOT

VOICE NOTE

BOOK LINE

You Do Not Have an Idea Problem.

You have an input-to-output problem.

01

A shower idea disappears before you are dressed.

02

You underline a brilliant line, thinking "I need to remember this," and you forget it the next day.

03

Your best ideas live across WhatsApp, Notes, screenshots, bookmarks, and voice memos.

04

You consume constantly, but almost none of it becomes something you create.

05

Then the blinking cursor behaves like it has personally betrayed you.

THE ROOT PROBLEM

Your input-to-output pipeline is broken.

You are not lazy or uncreative. You need a trustworthy place where ideas can land, grow, connect, and become useful.

Your Brain Is for Having Ideas, Not Holding Them.

Inspiration is perishable. Give every good idea a next step.

1. CAPTURE

Catch the spark before it disappears.

2. DISTILL

Turn it into one idea you understand.

3. CONNECT

Link it to something you already know.

4. CREATE

Turn it into something useful.

THE WARNING

Capturing without organizing is digital hoarding.

Build a living workshop for your thinking, not a beautiful museum of notes.

[READ MY COMPLETE CAPTURE + ORGANIZATION SYSTEM >](#)

Your 15-Minute Rescue Plan

Six beginner-proof actions. No system redesign. No app hopping. Set a timer. We are rescuing your ideas today.

1

0-1 MIN

Choose the note-taking app where your organized system will live.

2

1-3 MIN

Create four numbered folders: 00 Idea Inbox, 01 Source Notes, 02 Permanent Notes, and 03 Creation Queue.

3

3-6 MIN

Rescue five ideas from one book. Start with your favorite book or the book you are currently reading. Pick five lines, highlights, or ideas you still care about. Ask: Would Future Me want to find this? If yes, copy it into Idea Inbox. Stop after five.

Your 15-Minute Rescue Plan

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4

6-9 MIN

Choose the most alive/interesting idea. If it came from something/someone else, create a Source Note with the original material, author or creator, link or page number, and context.

5

9-12 MIN

Distill one idea. Give it a memorable title and explain it in your own words. Do not summarize the whole book. Capture the one idea you actually understood.

6

12-15 MIN

Connect it and make it useful. Answer one connection prompt, then move the idea into Creation Queue. Add three things: what it can become, who it is for, and the first 10-minute action you can take.

DONE

You now have four folders, five rescued sparks, one distilled idea, one connection, and one next action.

That was the rescue.

Now we make the win repeatable.

In 15 minutes, you gave scattered ideas a place to land and moved one idea toward output.

The next pages unpack each folder, show exactly what belongs there, and give you templates you can copy and paste.

RESCUE -> BUILD -> REPEAT

Build Only Four Folders.

You do not need a NASA-level folder structure. You need four places with four clear jobs.

00 - IDEA INBOX

Fast, messy, temporary. Fleeting thoughts, shower ideas, hooks, quotes, and sudden aha moments.

01 - SOURCE NOTES

Anything taken from a book, podcast, video, article, movie, reel, paper, or conversation.

02 - PERMANENT NOTES

One useful idea in your own words, clear enough for Future You to understand and reuse.

03 - CREATION QUEUE

Ideas ready to become reels, posts, essays, videos, projects, decisions, or experiments.

THE RULE

Capture generously. Process ruthlessly. Create a new folder only when the same kind of item keeps returning.

Home 1: The Idea Inbox

Its only job is to prevent loss.

THE 10-SECOND RULE

If capture takes too long, you will eventually stop catching the good ideas. Mess is allowed here.



COPY + PASTE TEMPLATE

IDEA:

What flashed through my mind?

WHY IT HIT:

Why did I pause?

NEXT MOVE:

What is the smallest useful action?

P.S. - SHORT ON TIME?

Skip the template. Write the fleeting idea in one broken sentence and return later. Catch first. Decide later.

ULTIMATE CAPTURE RULE

If it made you pause, save it.

Home 2: Source Notes

Borrowed material stays separate from your own thinking.

UNLIMITED COPY + PASTE IS ALLOWED

Paste the quote, transcript, paragraph, screenshots, or research you genuinely need. Source Notes preserve the raw material.



COPY + PASTE TEMPLATE

SOURCE :

Book / podcast / video / article / conversation

RAW MATERIAL:

Paste as much source material as needed.

MY REACTION:

What do I agree with, question, or see differently?

POSSIBLE USE:

Where could this matter in my life or work?

WHERE THINKING HAPPENS

Collection is allowed here. Thinking appears in My Reaction, Possible Use, and the Permanent Note you distill later.

Home 3: Permanent Notes

Turn raw material into reusable LEGO bricks.

WHAT MAKES AN IDEA A LEGO BRICK?

A Permanent Note contains one self-contained idea that Future You can understand and reuse without reopening the original source.

1. ONE IDEA

Not an entire book, podcast, or topic.

2. YOUR OWN WORDS

Process it instead of merely storing it. Preferably 250-500 words.

3. STANDS ALONE

Future You should not need the source open beside it.

4. HAS CONNECTION POINTS

A brick becomes useful because other bricks can attach.

ATOMIC DOES NOT MEAN TINY

Atomic means the note is about one thing.

The Anatomy of a Permanent Note

Metadata, one self-contained idea, connections, and the original source.

Permanent Note Template

Tags:

Source:

Date: {{date:DD-MM-YYYY}} {{time:h:mm a}}

Context:

|

Connections:::

The real Obsidian template I use: tags and source at the top, context above the idea, and connection points at the bottom.

Copy My Permanent Note Template

The text below stays selectable inside the PDF.



COPY + PASTE TEMPLATE

```
**Tags:**  
**Source:**  
**Date:** {{date:DD-MM-YYYY}} {{time:h:mm a}}
```

```
**Context:**
```

>

YOUR PERMANENT NOTE

```
## Connections:::
```

THE SIX-MONTH TEST

Would this still change how you think, decide, act, or create six months from now? If yes, it deserves a permanent home.

Home 4: The Creation Queue

Where processed ideas wait for a useful next life.

WHAT BELONGS HERE

Only ideas you understand well enough to create from. This is not another dumping ground.



COPY + PASTE TEMPLATE

IDEA:

One clear claim or concept.

WHY IT MATTERS:

Why is this worth creating?

WHAT IT CAN BECOME:

Reel / post / essay / video / project

WHO IT IS FOR:

Who needs this idea?

RELATED NOTES:

Which bricks belong beside it?

FIRST 10-MINUTE ACTION:

What can I do immediately?

STATUS:

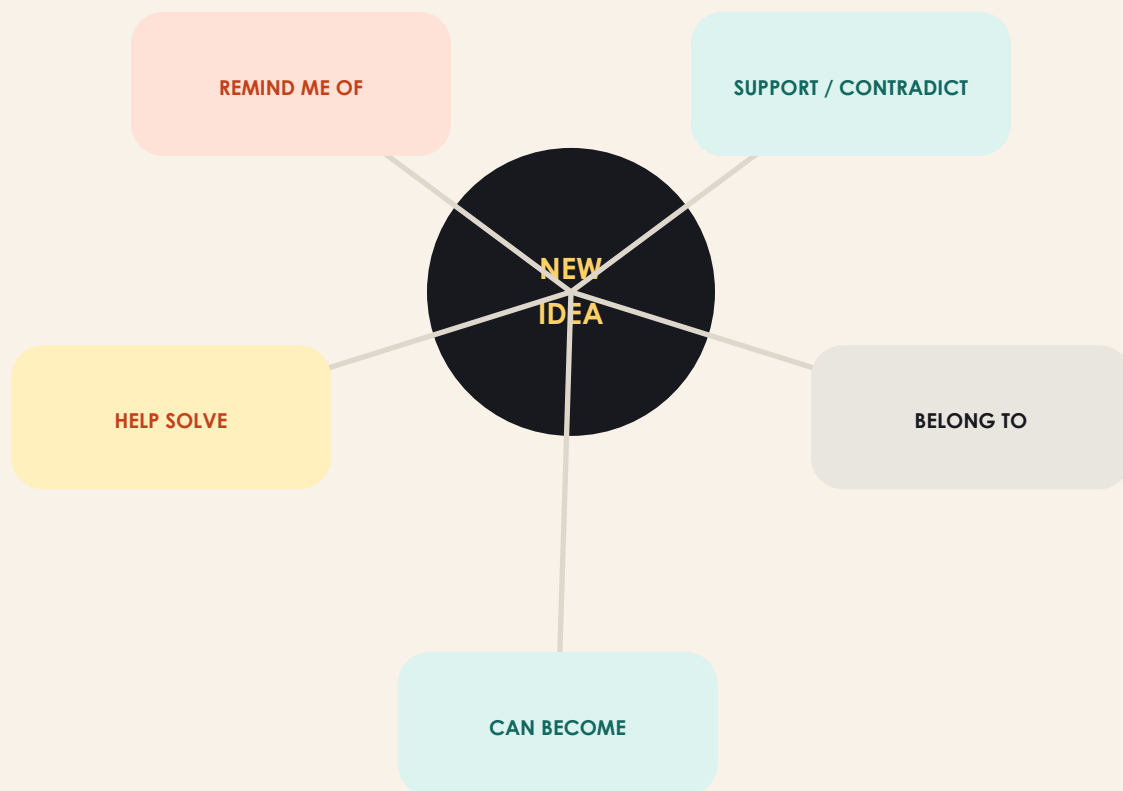
Seed / Developing / Ready

THE PROMOTION RULE

An idea enters the queue only when it has a possible output and a first action.

Connect the Dots

A note becomes powerful when it stops living alone.



FINISH ONE PROMPT

This reminds me of _____. It supports or contradicts _____. It could help with _____. It belongs to _____. It can become _____. The connection sentence is often the beginning of an original idea.

A Real Idea Rescue

One thought from my own vault - moved through the entire system.

1. RAW CAPTURE

A job is not selling yourself. It is renting out your time at a price.



2. PERMANENT NOTE

Your calendar is an asset you own. Skills increase the value of the hours you choose to rent.



3. CONNECTION

Money becomes powerful when it helps you buy your time back.



4. CREATION QUEUE

Reel about work and identity. First action: write three possible hooks.

THE RESULT

One passing thought. Four possible creations. That is creative firepower.

Turn One Note Into Output

Use this tiny recipe whenever you do not know what to make.

BRICK 1 - CLAIM

Choose one Permanent Note with a sharp idea.

BRICK 2 - PROOF

Add a story, source, observation, analogy, or example.

BRICK 3 - CONSEQUENCE

Explain what the audience should think, feel, or do differently.

EXAMPLE REEL

HOOK: A job is not buying you. It is renting your time.

IDEA: Your skills decide the price of that rental.

CLOSE: Are you increasing the value of your time - or simply giving more of it away?

REMEMBER

Writing begins long before the blank page. It begins while you notice, capture, distill, and connect.

The 10-Minute Weekly Rescue

Once a week, open Idea Inbox and run this reset.

☐

Delete noise you no longer care about.

☐

Move borrowed material into Source Notes.

☐

Distill at least one Permanent Note.

☐

Link it to an existing note, experience, or project.

☐

Promote one idea into Creation Queue.

☐

Choose the smallest next action and schedule it.

YOUR INBOX IS TEMPORARY

Its destiny is to be processed, planted, or deleted. The point of notes is to think and create.

Your First 7 Days

Build trust with the system one small rep at a time.

DAY 1

Create the four folders.

DAY 2

Rescue five scattered ideas.

DAY 3

Make one Source Note.

DAY 4

Distill one Permanent Note.

DAY 5

Connect two notes and explain why.

DAY 6

Turn one note into output.

DAY 7

Complete the Weekly Rescue.

AFTER SEVEN DAYS

You will not merely have notes. You will have a working input-to-output pipeline.

Goal: Create one Permanent Note a day. In one year, you will own 365 reusable, connected ideas.

ONE RESCUED IDEA. A WHOLE RABBIT HOLE.



FREE TO USE

CurioRabbit is a curiosity management and creation app for people who are tired of letting great ideas die inside highlights, bookmarks, and scattered notes. Paste any quote, question, or half-formed thought, and it builds a structured trail of explanations, connections, expert perspectives, and next actions - without the tab-hopping.

01 UNDERSTAND IN MINUTES

Paste a quote, question, or rough thought. Explorer Mode gives you a clear explanation, analogy, prerequisites, and Deep Dives in seconds.

IDEA INBOX -> SOURCE NOTE

02 FIND THE MISSING PIECES

Rabbit Holes reveal what to explore next. Mentor Insights add perspectives with citations - including concepts you did not know to search for.

SKIP THE NINETEEN OPEN TABS

03 SEE THE CONNECTIONS

Smart Connections finds related, supporting, and opposing ideas. The Loop Visualizer turns an isolated note into a visible thinking trail.

PERMANENT NOTE -> CONNECTIONS

04 KEEP THE USEFUL TRAIL

Sparks, folders, your Library, saved Journeys, and sync keep everything together so you can resume on any device.

NO MORE: WHERE DID I SAVE THAT?

05 MOVE FROM LEARNING TO DOING

A Targeted Journey gives you the path. Action Curiosity adds the tools, numbered steps, and checks that tell you when it worked.

CREATION QUEUE -> FIRST ACTION

06 BRING IT INTO YOUR NOTES

Mastery Arena helps you explain the idea in your own words. Copy as Markdown moves the best parts straight into your notes.

DISTILL -> COPY -> CREATE

THE PAYOFF

One saved sentence can become a Permanent Note, a web of connected ideas, and the seed of your next reel, essay, or project.

EXPLORE YOUR FIRST IDEA - FREE

LEARN MORE ABOUT CURIORABBIT

Paste one idea. CurioRabbit builds the path. You keep the judgment.

RESCUE ONE IDEA RIGHT NOW.

- Open the place where your thoughts usually disappear.
- Pick one idea you still care about.
- Explain it in your own words.
- Connect it to one thing you already know.
- Decide what it can become.

You do not need 100 successful ideas.

You need one idea that survives long enough to become real.

WHEN YOU CAPTURE LIFE, YOU SEE MORE OF LIFE.

The more you see, the more you have to create.

Cheers! This is me, Dewansh Jain, signing off.

INSTAGRAM

YOUTUBE

X / TWITTER

Every button is clickable.