

11. Zettelkasten Interactive User Manual

Fragment of:

Productivity with ADHD – Zettelkasten: The Complete Guide to the Method That Works with Your Brain

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Poznań 2025

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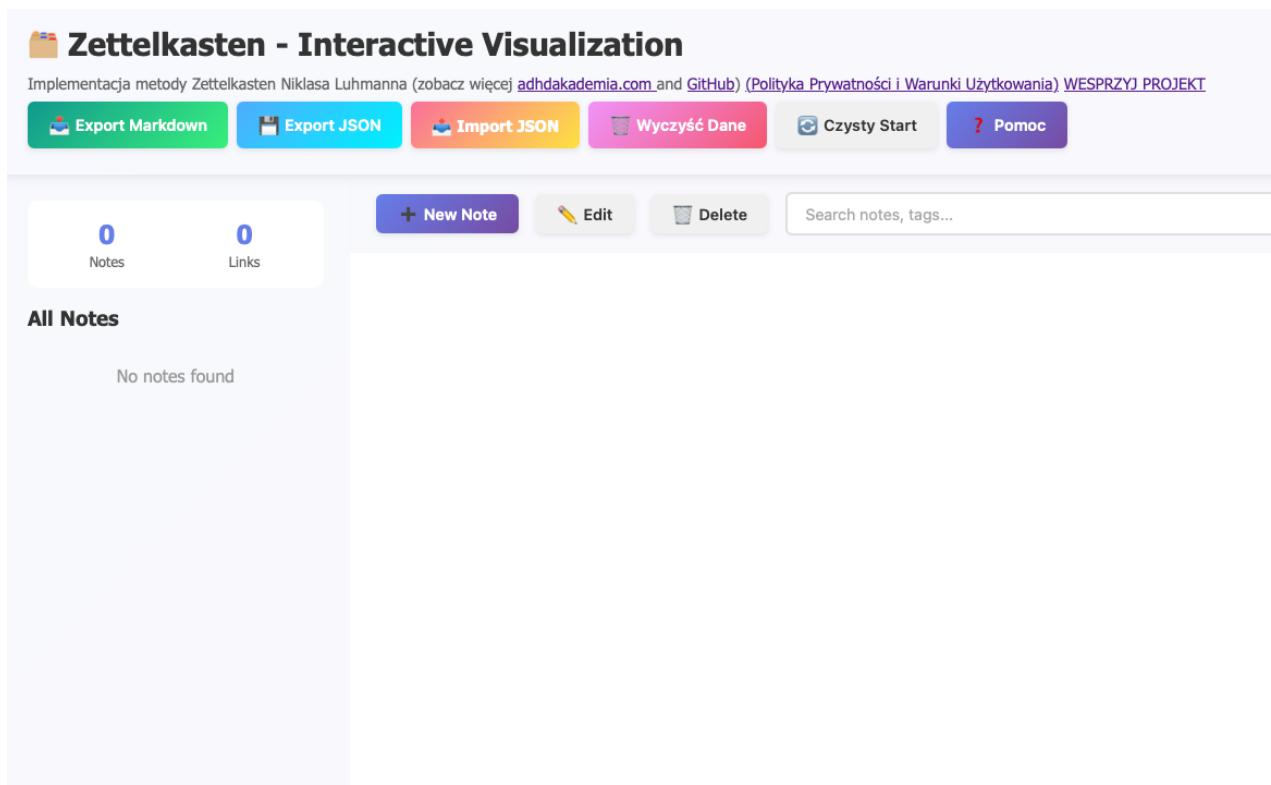
CHAPTER: Zettelkasten Interactive User Manual

Zettelkasten Interactive is a tool for creating and managing a network of notes. Unlike traditional applications that enforce a hierarchical structure (folders, subfolders, documents), this system celebrates the way the ADHD brain naturally thinks—through connections, networks, and associations.

Below you will find two versions of the <https://zettelkasten.site> user manual:

- A shorter "Quick Start" is available for those who want to get started with the Zettelkasten method quickly.
- A longer, illustrated version to familiarize yourself thoroughly with all the features and the interface.

Enjoy your work!



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Quick Start - Zettelkasten Interactive

1. Login and Setup

- Open <https://zettelkasten.site>
- Select your language (English / Polish)
- On the welcome screen, select **"Get Started!"**:
- If you want to start with a blank board, click **"Clean Start"**

2. Your First Note

- Click **"New Note"**
- Fill in:
 - **Title**: The title of your thought (e.g., "ADHD and dopamine")
 - **Content**: Describe what you are thinking (a few sentences will suffice)
 - **Tags**: keywords that come to mind
- Click **"Create Note"** Done! The note will appear in the side panel.

3. Connecting Ideas (The Heart of Zettelkasten)

- Create a second note:
 - Click **"New Note"**
 - Fill in **Title**, **Content**, and **Tags**
 - **New step**: In the **"Links to Other Notes"** field, click, select the previous note, and click "Add"
 - Click **"Create Note"**
- You have just created a network of thoughts! This is the essence of Zettelkasten.

4. Editing and Deleting

Editing a note:

- Click on a note (in the sidebar or on the board; the selected note will have an orange border).
- Click **"Edit"**
- Change the content
- Click **"Save Changes"**

Deleting a note:

- Click on the note
- Click **"Delete"**
- Confirm deletion

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5. Search

Use the **"Search"** field to search:

- By tags: #ADHD
- By title: search for a word
- By content: start typing any word you used when creating your notes

6. Data Management

Clear and Start Over

- Click **"Clear Data"** – deletes all notes and returns to the demo version
- Click **"Clean Start"** – deletes all notes

Data Export (Backup!)

- **"Export Markdown"** – downloads an .md file (opens anywhere, in any program that supports Markdown)
- **"Export JSON"** – downloads a .json file (full backup)

Data Import

- **"Import JSON"** – upload a previously exported .json file
- Useful for transferring between devices

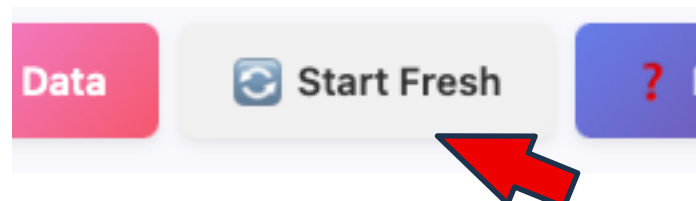
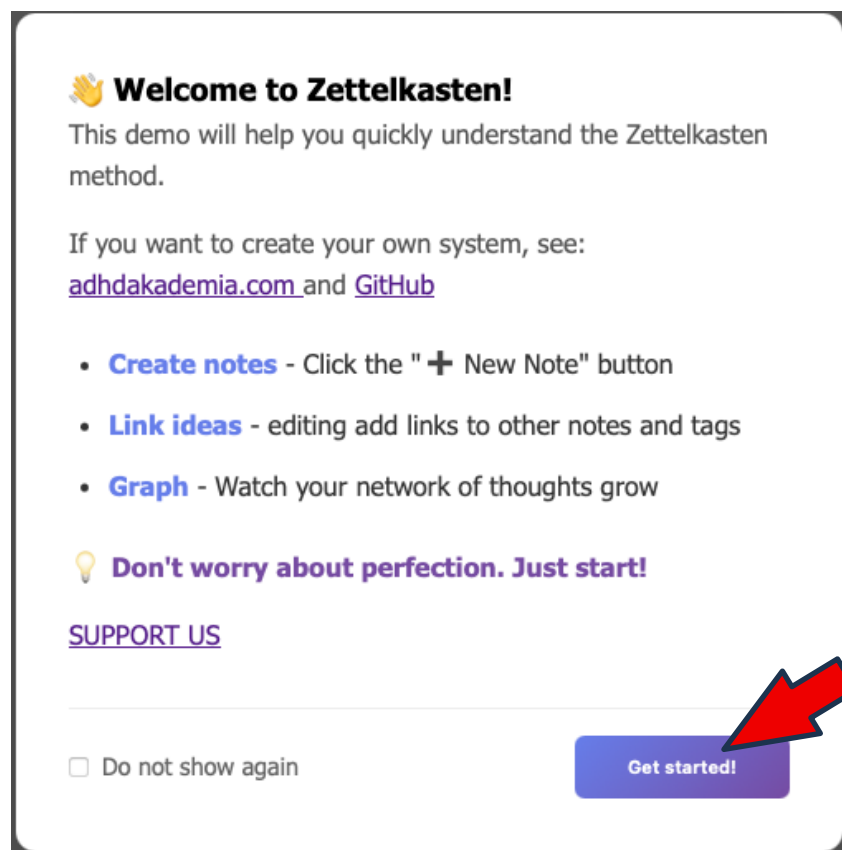
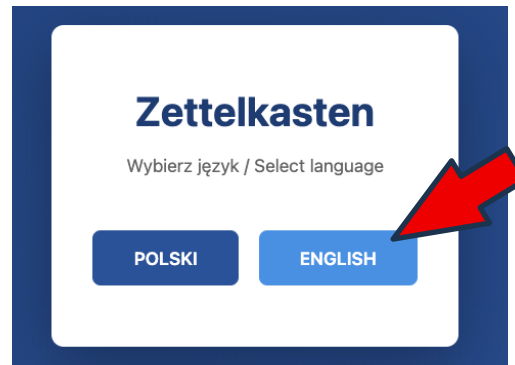
Pro Tip for ADHD Brains

Don't worry about perfection!

- Notes don't have to be long
- Link naturally (when you see a connection)
- Export regularly (safety!)
- The nice thing is: the more notes you have, the more useful the graph

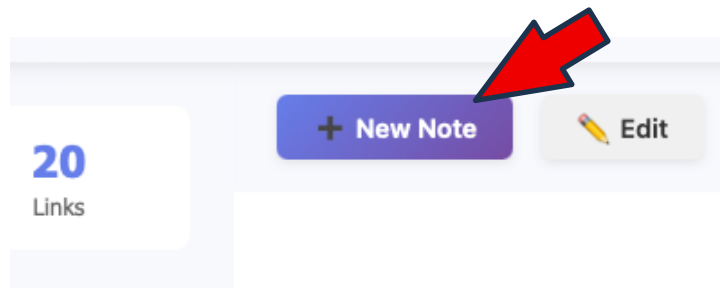
1. Getting started and setup

- Open <https://zettelkasten.site>
- Select your language (English / Polish)
- On the welcome screen, select **"Get Started!"**:
- If you want to start with a blank board, click **"Start Fresh"**



2. Your First Note

- Click **"New Note"**
- Fill in:
 - **Title:** The title of your thought (e.g., "ADHD and dopamine")
 - **Content:** Describe what you are thinking (a few sentences will suffice)
 - **Tags:** keywords that come to mind
- Click **"Create Note"** Done! The note will appear in the side panel.

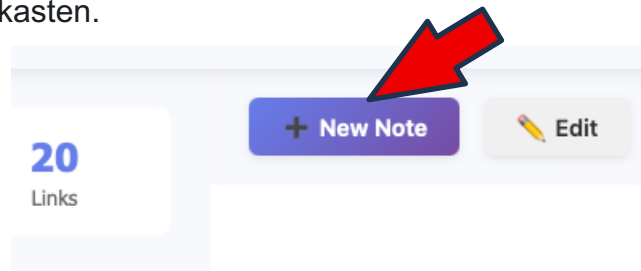


A screenshot of the 'Create New Note' modal form. The form has a title bar with a close button (X). Below the title bar, there are several sections:

- Note ID (Luhmann-style):** A text input field containing '1a1ba'.
- Title:** A text input field containing 'Note title'. A red arrow points to this field.
- Content:** A large text area containing 'Note content...'. A red arrow points to this area.
- Tags:** A text input field containing 'Add tag' and an 'Add' button. A red arrow points to the 'Add tag' field.
- Links to Other Notes:** A dropdown menu containing 'Select a note...' and an 'Add' button.
- Create Note:** A large purple button at the bottom. A red arrow points to this button.
- Cancel:** A grey button next to the 'Create Note' button.

3. Connecting Ideas (The Heart of Zettelkasten)

- Create a second note:
 - Click **"New Note"**
 - Fill in **Title**, **Content**, and **Tags**
 - **New step:** In the **"Links to Other Notes"** field, click, select the previous note, and click **"Add"**
 - Click **"Create Note"**
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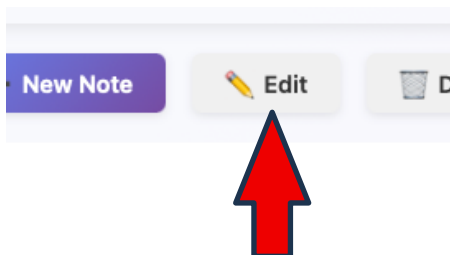
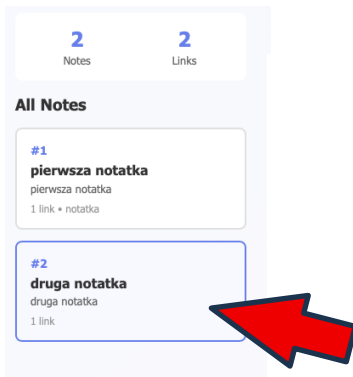
A screenshot of the 'Create New Note' form. The form has a title bar with 'Create New Note' and a close button (X). The fields are as follows:

- Note ID (Luhmann-style):** A text input field containing the number '2'.
- Title:** A text input field containing 'druga notatka'. A red arrow points to this field.
- Content:** A large text area containing 'druga notatka'. A red arrow points to this field.
- Tags:** A text input field containing 'notatka'. A red arrow points to this field. To the right of the field is an 'Add' button.
- Links to Other Notes:** A text input field containing '#1 - pierwsza notatka'. A red arrow points to this field. To the right of the field is an 'Add' button.
- Buttons:** At the bottom, there is a large purple 'Create Note' button and a grey 'Cancel' button. A red arrow points to the 'Create Note' button.

4. Editing and Deleting

Editing a note:

- Click on a note (in the side panel or on the board; the selected note will have an orange border); note the links between notes
- Click **"Edit"** in the top panel
- Change the content
- Click **"Save Changes"**

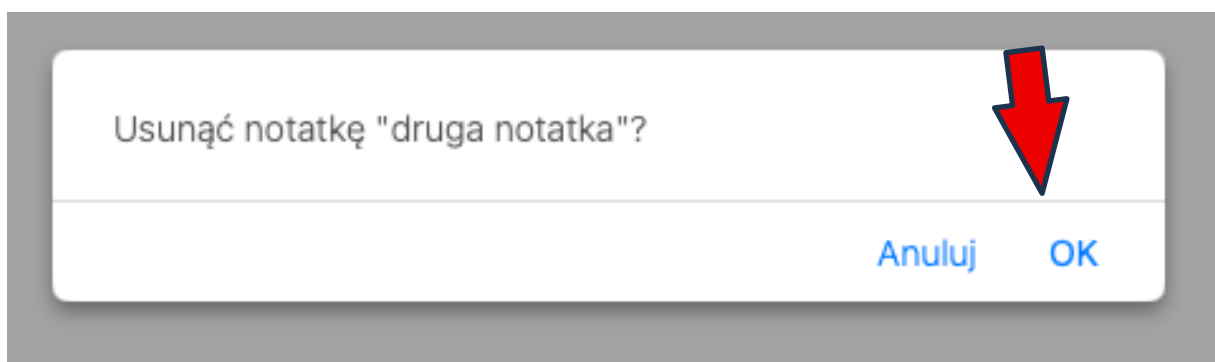
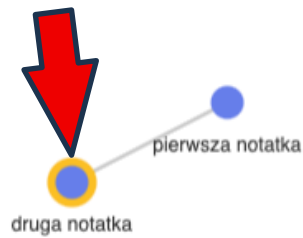
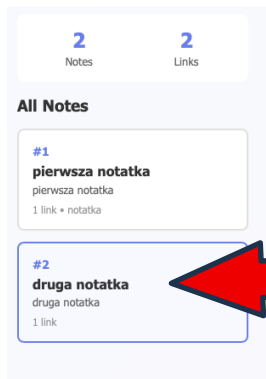


The 'Edit Note' dialog box contains the following fields and buttons:

- Note ID (Luhmann-style)**: A text input field containing the number '2'.
- Title**: A text input field containing 'druga notatka'.
- Content**: A large text area containing 'druga notatka'. A red arrow points to this field.
- Tags**: A text input field containing 'notatka' and an 'Add' button.
- Links to Other Notes**: A dropdown menu showing 'Select a note...' and an 'Add' button. Below the dropdown is a tag labeled '#1 - pierwsza notatka' with a close button.
- Save Changes**: A large blue button at the bottom.
- Cancel**: A button at the bottom right.

Deleting a note:

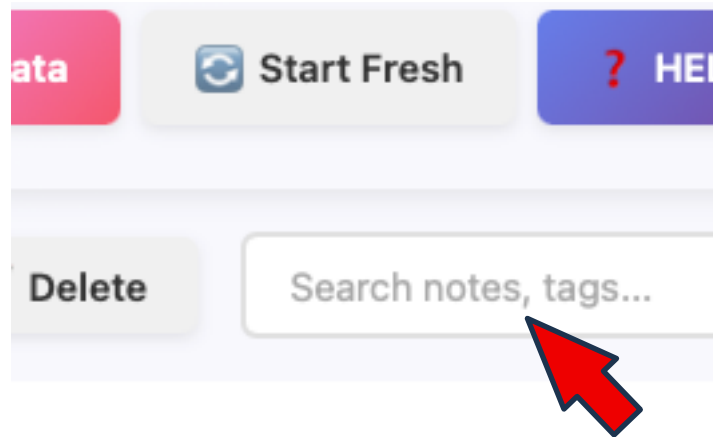
- Click on the note
- Click **"Delete"**
- Confirm deletion



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