



GENTLE SEO CHECKLIST

FOR NEURODIVERGENT WRITERS WHO WANT
SUSTAINABLE TRAFFIC



You do not need to post every day. You do not need to go viral. You do need clarity, structure, and consistency.

Use this checklist before you publish.

1. Start With One Clear Topic

- What is this post actually about? (One sentence.)
- What question is it answering?
- What would someone type into Google to find this?

Reminder: One strong topic > five scattered ones.

2. Choose 1–2 Keywords (That’s It)

- Primary keyword: _____
- Secondary (optional): _____
- Did I use them naturally in:
 - Title
 - First paragraph
 - At least one subheading
 - A few times in the body (without forcing it)?

Less is more. We are not stuffing anything.

3. Make It Deep, Not Fast

- Did I fully explain the idea?
- Did I give examples, steps, or context?
- Would this actually help someone?
- If I were tired and overwhelmed, would this still feel clear?

Depth builds authority. Authority builds traffic.

4. Add Smart Links (Without Overwhelm)

- 2–5 internal links to related posts
- 1–3 high-quality external links (credible sources only)
- No random linking “just because”

Your old posts are infrastructure.

5. Structure for Scannability

- Short paragraphs
- Clear subheadings
- Bullet points where helpful
- No giant walls of text

Accessible structure = longer time on page.

6. Gentle Optimization (Not Obsession)

- Title under ~60 characters
- Meta description written like a human
- URL is short and clean
- Images have alt text
- I did not spiral for 45 minutes over perfection

Done is better than fried.

7. Choose a Consistent Publishing Rhythm

- Am I posting at a sustainable frequency?
- Would once per week serve me better than daily chaos?
- Is my body okay with this schedule?

Your nervous system matters more than the algorithm.

8. Publish. Then Let It Work.

- Share it once or twice
- Add it to your content library
- Move on to the next thing

No refreshing analytics every 12 minutes.

Traffic growth is compound interest. Slow. Steady. Real.

Final Reminder

You are creating magic. SEO is about helping the right people find you. Let your words do the work.



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