Use blue painters tape. Solder resistors, chip sockets, LEDs.

Then, slide switches, crowbar diode, DC power plug, electrolytic caps (100µF or 47µF).

Then, D-Limiter, Phoenix contact green plugs, header pins, Duty Cycle pot.
Use special care with orientation of green plugs. For LEDs, + is the long lead.

CP = 0.01µF, CF = 0.01µF, RF1 empty, RF2 = 1kohm, RF3 = B10K