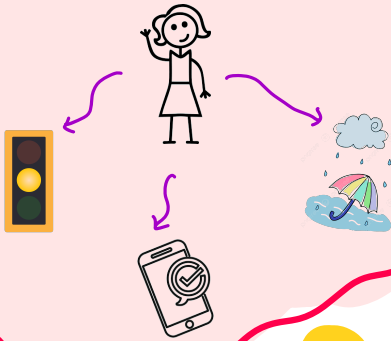
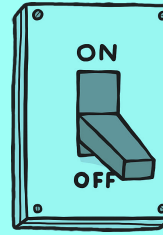


Prompts are invisible!

We are constantly being prompted but we don't notice it



Stimulus → Action
(No thinking)



Prompt → Behavior
No prompt, no behavior

PROMPTS

Designed Prompts & Manipulation



Some prompts are engineered to hijack MOTIVATION.

Designed to grab you!

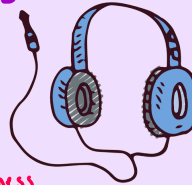


Attention is the product!

Click here to win!

Not accidental!

Context Prompts (The Noise)



Too many prompts = numbness

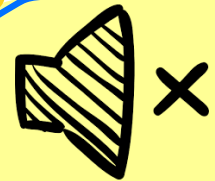


PING PING PING PING

Reminder fatigue

Train tracks effect

Taking Back Control



Motivation xxx
Better Design vvv



What deserves my attention?

Don't blame yourself

Redesign the prompt

Person Prompts (Unreliable Self)



Relying on yourself to remember doesn't work



I'll remember → I didn't
Memory is not a system

Anchors

"After I... I will..."



Everyday Anchors

"I already do this"



"Hidden Structure"

"Reliable moments"

