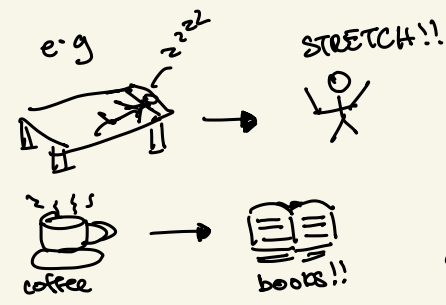


"PROMPTS ARE THE INVISIBLE DRIVERS"

unreliable ^{xx}
PROMPT OVERLOAD

ACTION PROMPTS



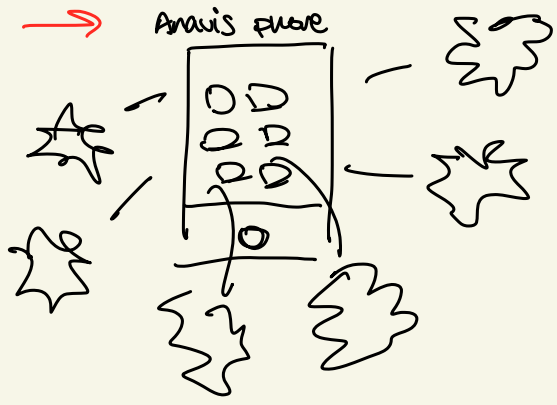
Existing routine
HABIT!!!

most reliable
The tiny habits method.

So... let's design better prompts....

There is currently TOO MUCH!!

WHAT GOES WRONG



too many notifications
TOO LOUD!!!
= STRESSSS!!!

What works

After existing habit, I will tiny habit.



After " " will " "

anchor like links!!

make it fit an existing routine!!



Behavior = PROMPT + ABILITY

"Design beats motivation"

Design the prompt, not the willpower...

without a prompt, a behavior cannot occur -