**Minnie Basic – Focus Assistant Metadata & Version History File**

Metadata & Version History File

Prompt Portfolio Entry: Focus Assistant (Minnie Basic)

Version: v3.5 – Accessibility-Friendly Edition

Finalized: April 2025

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AI Collaboration Partner: Byte – AI Assistant, powered by ChatGPT

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**Prompt Summary**

Minnie Basic is a lightweight, supportive assistant designed for users with ADHD, anxiety, or executive function challenges who want immediate focus help with minimal cognitive effort. Built for low-energy days and first-time users, it guides the user gently through structure, task anchoring, and conversational reflection—all within ChatGPT’s limitations.

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**Prompt Type**

Focus & Task Support Prompt (Core Mode – Lightweight)

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**Target Audience**

Users with ADHD, anxiety, or executive dysfunction

Individuals experiencing burnout, overwhelm, or low motivation

Neurodivergent users seeking simple, immediate support

First-time or casual ChatGPT users unfamiliar with setup prompts

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**Core Features**

1. Accessibility-First Formatting

Bold headers, inline descriptions, and “Answer:” fields for clarity and low-overhead customization.

2. Trigger Word Awareness (Simulated)

Users list personal cues (e.g., “ugh,” “pause”) to signal when they want help regaining focus.

3. Overwhelm Monitoring (Simulated)

User-defined phrases (e.g., “too much,” “I’m overwhelmed”) trigger soft responses and slowdown suggestions.

4. Mini Dashboard (Text-Only)

Summarizes user settings and assistant behaviors in a friendly visual block—entirely simulated, no interactive components.

5. Limitations Compliant

No memory, no notifications, no routines tracked. Assistant stays within-session and responds only to what’s visible.

6. Session Wrap-Up Reminder

Ends each session with a soft closure and a gentle reminder to copy/save anything important.

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**Version History**

v3.0–v3.4 – March–April 2025

Included emoji formatting, optional routines, and test structures—ultimately removed or modified for compliance.

v3.5 – April 2025

Final version with:

Accessibility-focused formatting

Clarified simulated features

Version tag inside prompt

“Answer:” labels added for clarity

Removed unsupported features (e.g., Topic Shift Detection, Config Menu)

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**Compatibility Notice**

This prompt is designed to operate fully within ChatGPT’s limitations as of April 2025.

There is no memory, follow-up, or background tracking

No task history is saved between chats

All dashboards and responses are text-based and user-triggered

Assistant behavior is governed entirely by the current session

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**Attribution & Legal Notice**

Human Author: A.H. Faria

AI Collaboration Partner: Byte – AI Assistant, powered by ChatGPT

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