

Reset3

A brutally simple daily reset system (Direct Coach edition)

Purpose: Turn mental clutter into a short, decisive action plan — without accounts, dashboards, or busywork.

Core promise

In 2 minutes, you get: **1 Primary Move + 2 Support Moves** with a clear order and a short reason for each.

Audience: People with 50–100 things they could do right now and no starting point.

Hook line: When everything feels important, Reset3 decides what actually is.

What Reset3 is not

- Not a habit tracker.
- Not a gamified points system (that belongs in a future Momentum-style app).
- Not account-based or cloud-synced (v1).
- Not a big task manager. Reset3 wins by subtraction.

Core mechanics

Reset3 has three behaviors: a morning decision eliminator, a daily focus order, and a weekly reset that collapses chaos into three priorities. The tone is a **direct coach**: calm, firm, and decisive.

Daily flow

- **Brain dump**: user unloads everything on their mind (no structure required).
- **Generate My 3**: AI selects exactly 3 tasks and orders them.
- **Execute**: Primary Move comes first. Support Moves come next.
- **End-of-day check**: confirm whether the Primary Move was completed.

The 3 outputs

- **Primary Move**: highest combined value (urgency + leverage + avoidance + dependencies).
- **Support Move #1**: enabling step that unlocks progress.
- **Support Move #2**: either another enabler or a fast momentum win.

Differentiators (the edge vs. paper)

- **Emotional avoidance detection**: flags the task you are dodging because it is uncomfortable (often financial/admin/conversation).
- **Forced sequence logic**: identifies dependencies and instructs the order to execute.
- **Direct coach voice**: decisive outputs plus short reasons, not vague suggestions.

Rules of engagement

Are all three tasks “primary”? No. Only one is the Primary Move. The other two are Support Moves. Reset3 protects the Primary from distraction by keeping it first in the order.

Can you generate another set of three in the same day? Yes, but only after you mark the first set complete. This keeps Reset3 from becoming an endless task picker.

The “Win/Incomplete” daily outcome

Reset3 uses a simple binary outcome to remove negotiation and guilt loops:

| Outcome | Definition | What Reset3 says |
|------------|--|---|
| WIN | Primary Move completed (Support Moves optional). | “Today counts. You did the one move that mattered.” |
| INCOMPLETE | Primary Move not completed. | “You skipped the highest-impact move. Was it blocked, r |

Why binary? Points are negotiable. A win definition is not. This gives you clean permission to relax when the Primary is done.

MVP build plan (portfolio-first)

Goal: ship a usable v1 that you personally use daily, then polish for portfolio. Start as a web tool that can be installed on phone (PWA). Local storage. No accounts.

Recommended stack (simple and credible)

- **Frontend:** React + Vite (or Next.js) with a clean, minimal UI.
- **PWA:** installable on mobile, offline shell, localStorage for saved plans.
- **AI call:** serverless function (or lightweight backend) that calls the model API and returns structured JSON.
- **Data:** local only in v1 (export/import later if needed).

MVP screens

- **Brain Dump:** one big text field + “Generate My 3”.
- **Today’s 3:** Primary + 2 Support Moves, each with a short reason and a checkbox.
- **End-of-day:** one question: “Did you complete the Primary Move?” (Yes/No).
- **Weekly Reset:** separate mode that outputs three weekly priorities.

2-day sprint schedule (40 hours)

Day 1 (Build core)

- Set up repo + basic UI (Brain Dump -> Results).
- Implement AI prompt and JSON output contract.
- Save/load “Today’s 3” in local storage.
- Add end-of-day check + call-out message for incomplete days.

Day 2 (Polish + portfolio)

- Add Weekly Reset mode.
- Tighten coach tone + edge cases (empty input, duplicates, overlong dumps).
- Add export (copy/share) for Today and Weekly plans.
- Write README: problem, approach, prompt design, architecture diagram, screenshots.

Measurable 30-day target

- 20+ Primary Moves completed in 30 days.
- 10+ avoidance tasks confronted (bills, invoices, difficult admin).
- 4 clean weekends: weekly priorities completed, low Friday guilt.

Version note

Scoring/points belongs in a future Momentum-style app. Keep Reset3 sharp and minimal.