

Role context

Product: Praxis (habit + goal system)

AI Name: Mika

AI Type: Controlled, goal-driven assistant (not a chatbot)

CHAPTER 1 — DEFINING MIKA (FOUNDATION)

1.1 First step (MOST IMPORTANT)

Before touching any code, I define **what Mika is allowed to be**.

Mika is:

- An accountability system
- A decision assistant
- A progress evaluator
- A disciplined guide

Mika is NOT:

- A free-chat AI
- A therapist
- A motivational speaker
- A diagnosis engine

Why this step comes first

Without this boundary, the AI becomes noisy, unsafe, and untrustworthy.

1.2 Mika's job statement

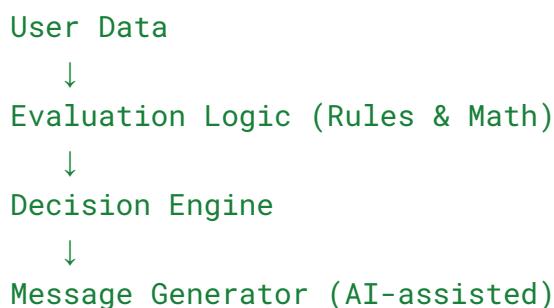
I write this one sentence and freeze it:

"Mika exists to evaluate progress, enforce consistency, and guide users toward long-term goals using structured feedback."

Every future decision must obey this.

CHAPTER 2 — SYSTEM DESIGN (THINK BEFORE CODE)

2.1 Mika's architecture (high level)



This is **not negotiable**.

2.2 Data Mika needs (and ONLY this)

I list inputs clearly:

- Annual goal
- Deadline
- Monthly targets
- Weekly habits
- Daily checkmarks

- Time passed
- Consistency %

No emotions.

No mood tracking.

No journaling.

✖ Mika works on **facts**, not feelings.

CHAPTER 3 — DECISION ENGINE (THE REAL “AI”)

3.1 Where Mika actually becomes intelligent

This is the **core of Mika**.

I build a **rule-based decision engine** first.

Example logic:

- Is user ahead of schedule?
- Is user behind schedule?
- Is consistency improving or declining?
- Is the goal mathematically unrealistic?

This is pure logic.

3.2 Decision modes

I define a finite set of states:

- SILENT

- INFORMATIVE
- ENCOURAGING (strict)
- CORRECTIVE
- WARNING (unrealistic goals)

❖ Mika never invents a new tone.

3.3 Tools used here

- **Notion / Obsidian** → write rules in plain English
- **Flowchart tool (Miro / Whimsical)** → decision trees
- **Spreadsheet** → simulate fake users & outcomes

No coding yet.

CHAPTER 4 — MESSAGE SYSTEM (VOICE, NOT BRAIN)

4.1 Why AI is NOT the brain

AI models hallucinate.

Logic does not.

So I use AI **only to phrase messages**, not to decide them.

4.2 Message template system

I create a library like:

```
{  
  "strict_positive": "You stayed consistent. Don't relax.",
```

```
        "neutral": "Progress exists. Improve consistency.",  
        "corrective": "This pace will not reach your goal."  
    }  
  
These are authoritative base truths.
```

4.3 Where AI is used

AI rewrites messages with constraints:

"Rewrite this message in a calm, disciplined, doctor-like tone.
No emojis. No praise. No motivation."

❖ AI is a **copy editor**, not a thinker.

4.4 Tools used

- OpenAI / Gemini API (later)
 - Prompt templates
 - Versioned message sets
-

CHAPTER 5 – TECH STACK (PRACTICAL)

5.1 Backend (where Mika lives)

This is where Mika's logic runs.

Choices:

- Node.js + Express
- OR

- Python + FastAPI

Why:

- Deterministic
 - Testable
 - Secure
-

5.2 Database (**Mika's memory**)

- Firebase / Supabase / PostgreSQL

Stores:

- User goals
- Progress snapshots
- Monthly summaries

Mika does NOT remember conversations.

Only **state**.

5.3 Frontend integration

Mika appears as:

- A summary card
- A report section
- A single message block

✗ No chat UI

✗ No typing animation

✗ No avatar

Authority comes from restraint.

CHAPTER 6 — BUILD ORDER (CRITICAL)

6.1 Actual workflow order

- 1 Write Mika's rules (text only)
- 2 Simulate users on paper
- 3 Build decision engine
- 4 Add static messages
- 5 Test edge cases
- 6 Add AI phrasing (optional)
- 7 UI integration
- 8 User testing
- 9 Iterate tone, not logic

✖ If you skip step 2, Mika fails.

CHAPTER 7 — SAFETY & ETHICS (NON-OPTIONAL)

7.1 Medical responsibility

Mika must:

- Warn about unrealistic timelines
- Encourage adjustment, not force
- Avoid diagnosis language

Example:

"This target may not be realistic for your current inputs."

7.2 What Mika never says

- “You failed”
- “You are lazy”
- “You should feel bad”
- “This will cure you”

This is enforced in code.

CHAPTER 8 — TESTING MIKA (REAL ENGINEERING)

8.1 Test scenarios

I create fake users:

- Perfect consistency
- Inconsistent
- Overambitious
- Burnout-prone

Mika must respond **predictably**.

8.2 Metrics I track

- User retention
- Reaction to messages

- Drop-off after warnings
- Consistency trend improvement

If Mika increases consistency → it works.

CHAPTER 9 — EVOLUTION PLAN

Phase 1

- Rule-based Mika
- Static messages

Phase 2

- AI phrasing
- Monthly reports

Phase 3

- Pattern detection
- Smart goal adjustment

Never jump phases.

FINAL SUMMARY (ENGINEER'S VIEW)

If I had to summarize Mika in one paragraph:

Mika is not an AI chatbot.

Mika is a structured decision system that uses AI only as a communication layer.

Its power comes from logic, restraint, and consistency—not intelligence theatrics.