

DWAI — Product Flow & Experience Specification

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Purpose:

Define the complete user flow, interface logic, assistant behavior, and design principles for DWAI (Dimensional Wellness AI).

NORTH STAR FLOW:

Arrive → Acknowledge → Guide → Act → Release

CORE PRINCIPLE:

If a feature does not reduce cognitive load or support emotional regulation, it does not belong.

ARRIVAL:

- Mood-based gradient
- Energy Ring
- Prompt: “How are you arriving right now?”

ACKNOWLEDGEMENT:

- Validation before action
- No advice yet

GUIDED PATH:

- One suggested action only

MICRO-ACTION:

- ≤ 2 minutes
- One task, one completion

RELEASE:

- Return user to life
- Optional reminder

ASSISTANT:

- Supportive
- Calm
- Non-authoritative
- Optional

SCREEN STRUCTURE:

Today | Plan | Assistant | Me

LEGAL:

DWAI provides wellness support and reflection tools.

It is not a medical or therapeutic service.