Agentic AI for New Year's Resolutions: Project Ideas Guide

What is this document for?

This guide is designed to help you brainstorm ideas for building agentic AI systems that help people achieve their New Year's resolutions. and personal goals. Unlike simple reminder apps or trackers, agentic AI takes initiative – they monitor, anticipate, decide, and act using reasoning chains, autonomy, retrieval, and tool use.

The Possibilities Are Endless

The key to a great project is identifying a resolution or goal that *you* care about, then designing an agent that addresses the real obstacles people face. The best ideas come from personal experience. What makes it hard for *you* to stick to your own goals?

Three-Step Approach to Generate Your Project

Step 1: Identify a real problem

- Pick a resolution you're passionate about or one you've personally struggled with
- Ask yourself: "What actually prevents people from achieving this goal?"
- Common obstacles: forgetting, lack of time, feeling overwhelmed, not knowing what to do next, losing motivation

Step 2: Design Beyond Reminders

- Think bigger than notifications. What could an agent *do* automatically?
- Consider: What decisions could it make? What information could it track that people don't notice? What tasks could it execute without asking?
- Ask: "If I had a tireless assistant who knew me well, what would I want them to handle?"

Step 3: Add Intelligence and Adaptation

- How should your agent learn from the user's behavior over time?
- What should it do when the user falls off track?
- How can it personalize its approach based on what actually works for that individual?
- How can you make sure your system's behavior is reliable?

Important Note on Creativity

Creativity is a judging criteria for this project. We strongly encourage you to develop an idea that personally applies to you or addresses a challenge you've observed in your own life or community. The example ideas below are provided as inspiration to help you understand the breadth of possibilities, but don't feel restricted by them. The most compelling projects often come from deeply personal insights about what makes behavior change difficult.

Example Agent Ideas

Health, Fitness & Wellness

- **Exercise More:** Monitors your calendar and proactively suggests optimal workout times, then books classes or sets reminders, adjusting your routine when you miss sessions instead of letting you fall off track completely.
- **Eat Healthier:** Learns your preferences, tracks what's in your fridge, generates meal plans, and orders groceries automatically.
- **Mindfulness:** Detects stress signals (calendar density, typing speed, time of day, or connects to devices like an Oura ring) and intervenes with breathing exercises or break suggestions.
- **Medical Advocate:** Schedules preventive screenings based on your age and health history, prepares questions before appointments, sends medication reminders, follows up on test results when they're delayed, tracks symptoms over time, and ensures referrals and follow-up appointments actually happen.

Personal Growth & Learning

- **Language Learning:** Breaks down "learn Spanish" into daily micro-lessons, adjusts difficulty based on your progress, and finds practice opportunities (like Spanish-language podcasts on topics you enjoy).
- **Professional Development:** Identifies skill gaps by monitoring job postings in your field, creates a personalized learning roadmap, schedules dedicated study time on your calendar, and finds relevant courses, articles, or mentors to help you grow.
- **Speaking opportunities:** Searches for speaking opportunities that match your expertise, tracks submission deadlines, drafts talk proposals tailored to each conference's theme, monitors acceptance rates, and suggests alternative venues when proposals are rejected.

Financial Goals

- **Budgeting:** Monitors spending, alerts you before you exceed limits, suggests alternatives when you're about to make impulse purchases, and automatically moves money to savings.

- **Meal Planning Budget:** Plans meals based on that week's grocery store deals to maximize savings while maintaining nutrition goals.
- **Home Buying:** Monitors real estate listings that match your criteria, schedules viewings during your available times, pulls comparable sales data and neighborhood information, and alerts you immediately when high-potential properties hit the market.
- **Budget Adventure Game for Kids:** An interactive game where kids manage a virtual character's life, making real budget decisions. The AI agent adapts challenges to their age and skill level, creates personalized scenarios based on their interests (sports, pets, hobbies), provides gentle coaching when they make mistakes, and celebrates smart financial choices with rewards and progression.

Productivity & Work Habits

- **Intelligent Task Scheduling:** Learns your energy patterns and working style, automatically schedules tasks at optimal times, and accounts for time blindness by building in realistic buffers based on how long tasks actually take you.
- **Project Tracking:** Attends meetings via transcripts, extracts action items, follows up on deliverables before they're overdue, and proactively flags blockers so you can intervene early.
- **Email Management:** Finds emails you haven't responded to, drafts responses that match your writing style, and archives spam automatically.
- **Travel:** Watches for flight deals to your wishlist destinations, suggests trip timing based on your work calendar and budget, handles booking logistics, and creates itineraries that match your travel style and interests.

Social & Community Impact

- **Gift giving:** Tracks important dates, learns what people like, and handles purchasing and delivery.
- **Connection with friends and family:** Reminds you to reach out to friends you haven't contacted in a while and suggests conversation starters based on their recent activities.
- **Volunteer:** Finds volunteer opportunities that match your skills and interests, fits them into your schedule without creating overload, handles registration and communication with organizations, and tracks your impact over time to keep you motivated.
- **Community Connection:** Monitors local events, classes, and gatherings that align with your interests, notices when friends or acquaintances are attending the same events, sends timely reminders, and helps you discover new community spaces and groups.