

Project Kage - Core AI Assistant Features

1. AI Assistant Chat Interface

The central interaction point of Project Kage is the AI assistant chat interface, designed to be both accessible and powerful:

- **Persistent Chat Button:** Always-available floating button that provides instant access to the AI assistant from anywhere in the app
- **Natural Language Interaction:** Conversational interface that understands and responds to natural language inputs
- **Context Awareness:** Maintains conversation history and context across sessions
- **Multi-modal Input:** Supports text, voice, and potentially image inputs for flexible communication
- **Intelligent Suggestions:** Offers contextually relevant suggestions based on current goals and habits
- **Emotional Intelligence:** Recognizes user sentiment and adapts tone accordingly
- **Quick Action Shortcuts:** Provides buttons for common actions (add habit, journal entry, schedule, etc.)
- **Command Recognition:** Understands direct commands for efficient navigation and task completion
- **Personalized Responses:** Tailors communication style to user preferences and history
- **Seamless Feature Integration:** Can trigger any app feature directly from conversation
- **Conversation Summaries:** Provides recap of important points discussed for reference
- **Visual Response Elements:** Includes rich elements like progress visualizations, schedules, and habit data

2. Goal Setting Conversation Flow

A structured yet flexible conversational process to help users define meaningful and achievable goals:

- **"5 Whys" Implementation:** Guides users through deeper questioning to identify true motivations
- **Goal Clarification:** Helps refine vague intentions into specific, measurable goals
- **Template Suggestions:** Offers proven goal frameworks based on the user's general interests
- **Success Visualization:** Prompts user to imagine and describe what success looks like
- **Obstacle Anticipation:** Discusses potential barriers and develops contingency plans
- **Timeline Establishment:** Helps set realistic timeframes with milestones
- **Resource Assessment:** Evaluates what tools, skills, or support the user needs
- **Habit Connection:** Identifies daily habits that will contribute to goal success
- **Goal Prioritization:** Assists in ranking multiple goals by importance and urgency

- **Motivation Anchoring:** Links goals to deeper values and aspirations
- **Measurable Criteria:** Establishes clear metrics for tracking progress
- **Goal Refinement:** Revisits and adjusts goals based on new insights or changing circumstances

3. Habit Formation Guidance with DOSE Principles

Expert guidance on creating sustainable habits based on neuroscience principles:

- **DOSE Education:** Explains how Dopamine, Oxytocin, Serotonin, and Endorphins affect motivation
- **Dopamine Management:** Strategies to reduce unhealthy dopamine triggers and enhance beneficial ones
- **Habit Stacking:** Suggests linking new habits to established routines for easier adoption
- **Minimum Viable Effort:** Helps establish extremely small initial versions of habits to overcome resistance
- **Implementation Intentions:** Creates specific if-then plans for habit execution
- **Environment Design:** Suggestions for modifying physical and digital spaces to support habits
- **Reward Structure Design:** Creates personalized reward systems aligned with neurochemical principles
- **Friction Reduction:** Identifies and minimizes barriers to habit completion
- **Consistency Emphasis:** Focuses on regularity over perfection
- **Recovery Strategies:** Supportive approaches for getting back on track after misses
- **Progressive Advancement:** Structured approach to gradually increasing habit difficulty
- **Habit Experimentation:** Suggests A/B testing different approaches to find what works best

4. Journal Entry Analysis and Insights

Intelligent analysis of journal entries to provide meaningful insights and patterns:

- **Sentiment Analysis:** Detects emotional tone and trends over time
- **Theme Identification:** Recognizes recurring topics and concerns
- **Progress Correlation:** Connects journal content with goal and habit progress
- **Pattern Recognition:** Identifies behavioral and thought patterns that help or hinder
- **Perspective Suggestions:** Offers alternative viewpoints when negative patterns emerge
- **Insight Generation:** Provides observations about user's journey that might not be self-evident
- **Guided Reflection:** Asks thoughtful follow-up questions to deepen self-awareness
- **Language Processing:** Analyzes word choice and linguistic patterns for deeper understanding
- **Mood Tracking:** Charts emotional states across time to identify triggers
- **Growth Highlighting:** Points out evidence of personal development and learning

- **Cognitive Distortion Detection:** Identifies common thinking traps in journal entries
- **Memory Consolidation:** Recalls relevant past entries to connect with current reflections

5. Schedule Optimization and Suggestions

Intelligent scheduling assistance to maximize productivity and well-being:

- **Energy Level Matching:** Suggests high-focus activities during peak energy periods
- **Habit Placement Optimization:** Recommends ideal times for specific habits based on success patterns
- **Buffer Time Insertion:** Automatically includes transition time between activities
- **Balance Assurance:** Ensures schedule includes work, rest, and personal time
- **Context Batching:** Groups similar activities to reduce context switching
- **Priority Alignment:** Ensures high-priority goals receive adequate time allocation
- **Adaptive Rescheduling:** Intelligently adjusts schedule when disruptions occur
- **Time Block Templates:** Suggests optimal day structures based on goals and preferences
- **Productivity Pattern Analysis:** Identifies your most productive periods and habits
- **Rest Recommendation:** Ensures adequate breaks and downtime
- **Travel Time Consideration:** Accounts for commute or transition times between locations
- **Schedule Learning:** Improves suggestions based on actual adherence patterns

6. Motivation and Accountability Coaching

Personalized coaching to maintain momentum and overcome obstacles:

- **Motivational Interviewing:** Uses evidence-based questioning techniques to strengthen commitment
- **Customized Encouragement:** Provides personalized motivation based on individual values and history
- **Progress Visualization:** Shows meaningful progress representations at moments of low motivation
- **Challenge Calibration:** Adjusts difficulty levels to maintain engagement without overwhelming
- **Accountability Check-ins:** Proactive follow-ups on commitment completion
- **Obstacle Dialogue:** Structured conversation about barriers and solutions
- **Success Reminders:** Recalls past achievements during difficult periods
- **Value Reconnection:** Links current struggles to deeper personal values
- **Motivation Type Identification:** Recognizes whether user responds better to positive or negative reinforcement
- **Why-Power Focus:** Emphasizes deeper purpose over temporary willpower

- **Social Accountability Integration:** Suggests appropriate times to leverage social commitments
- **Celebration Prompts:** Encourages meaningful celebration of progress and milestones