



**Live like an army / 一骑当千**

A mission to reclaim our focus.

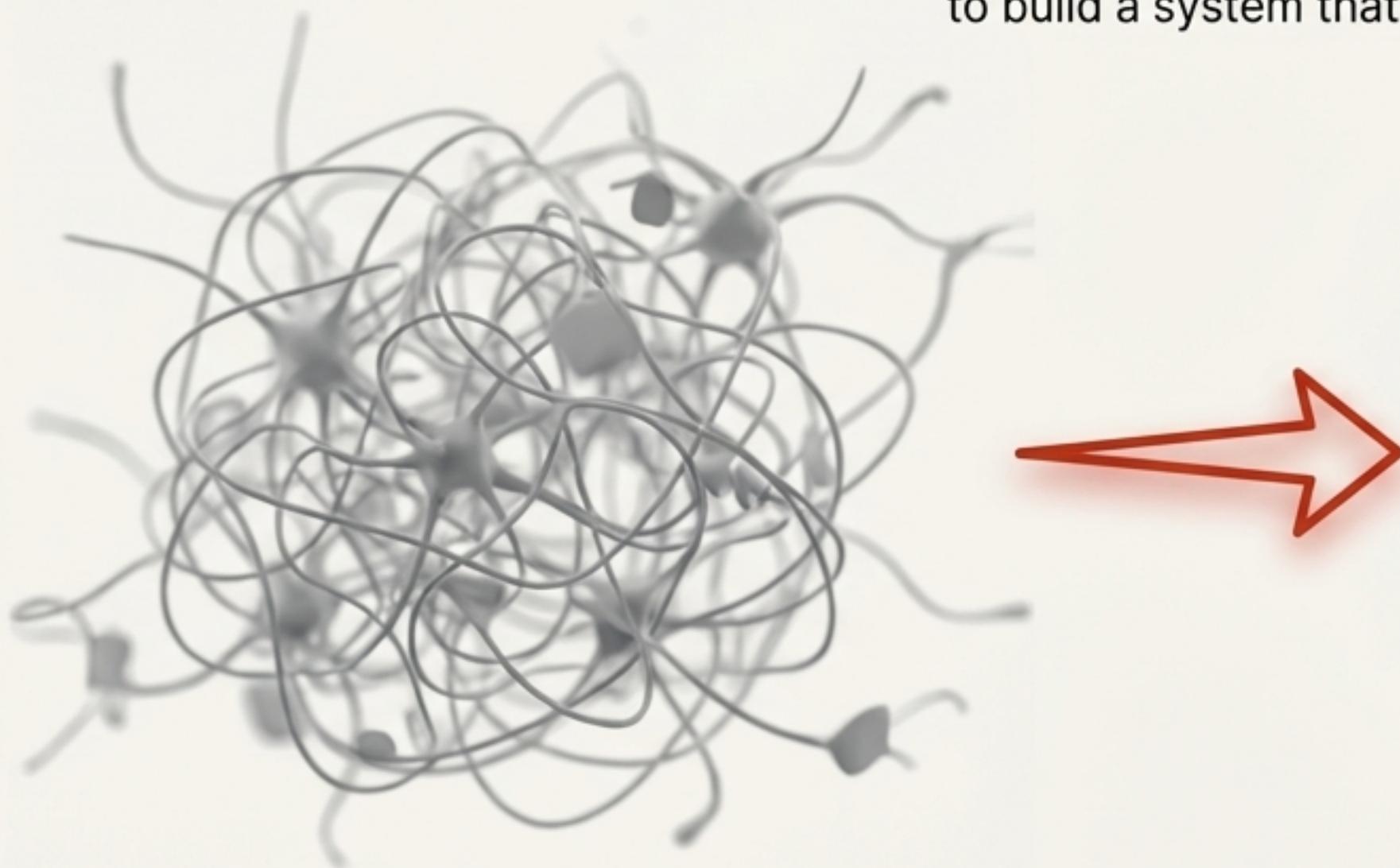
# The War for Attention is Over. We Lost.



The internet promised to connect us, but it delivered distraction. Our most valuable resource—our focus—is being consumed, creating a massive need for tools that give it back.

# Self-Discipline is Not a Matter of Willpower. It's an Engineering Problem.

We are abandoning outdated psychological models. We are approaching procrastination and focus from first principles—mathematics and physics—to build a system that actually works.



Psychology

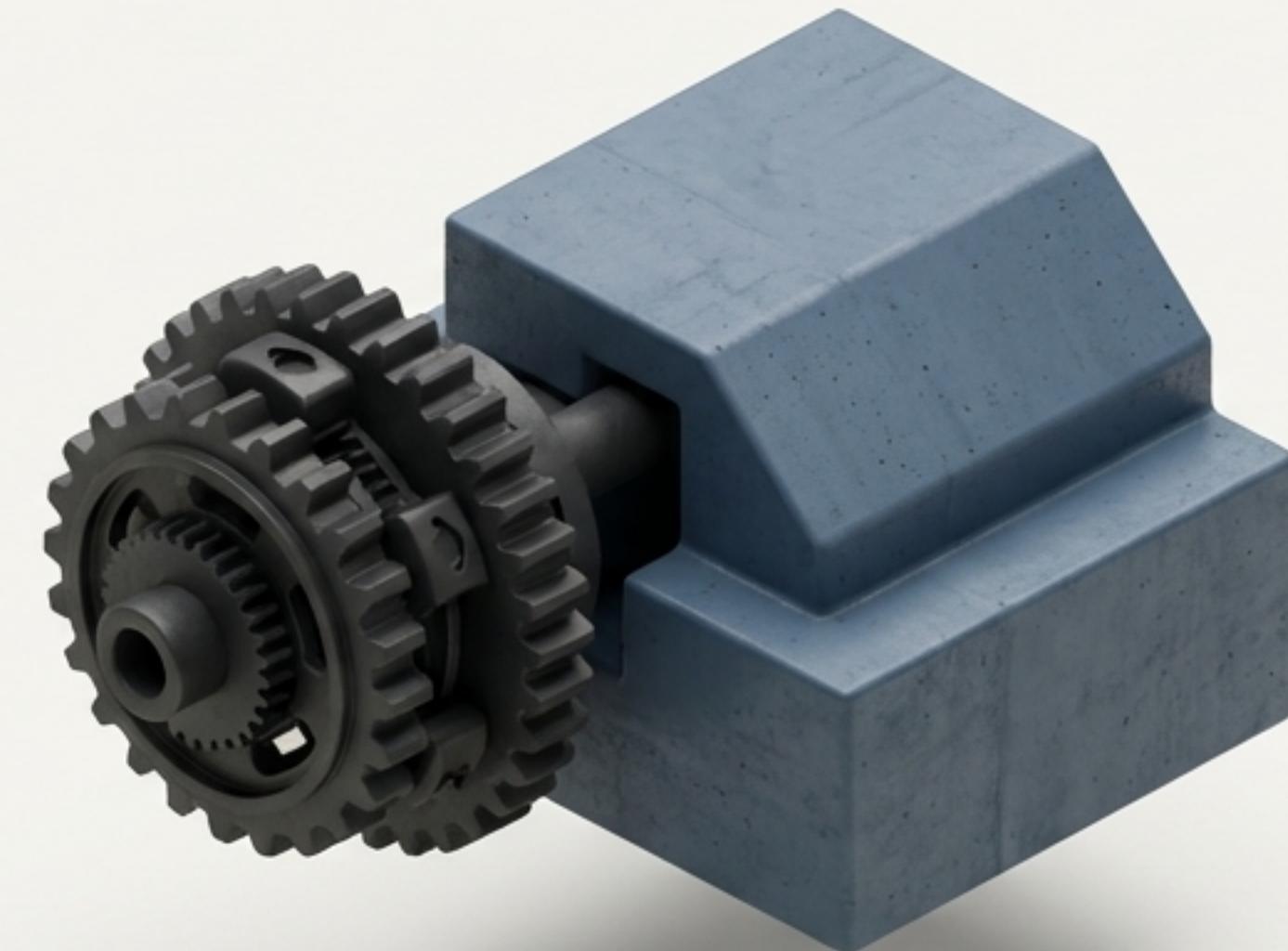
$$A = \int \frac{\partial f(v) dx}{\partial x} + \sum_{i=1}^n x_i + \left[ \frac{f(x_k - y_i)}{2\pi} \right] = \\ + \frac{d^2 v_i}{dt} \left( x_i + \sum_{i=1}^{20} x_n - v^2 y \right) + \mathbb{L}_u$$

Engineering

# We've Developed Two Master Protocols.

Based on years of research and personal validation, we've created a system that fundamentally reshapes our interaction with tasks and habits.

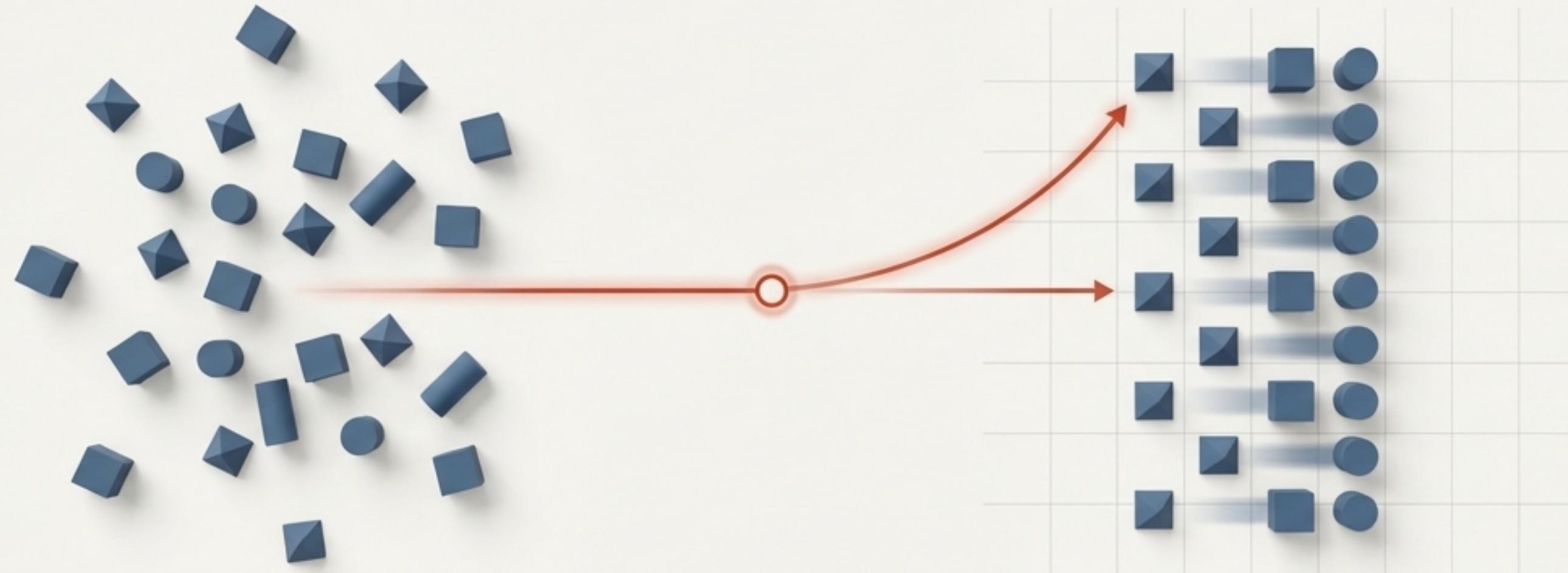
CTDP  
(Micro Control)



RSIP  
(Macro Strategy)

# Protocol 1: CTDP – The Tactical Unit

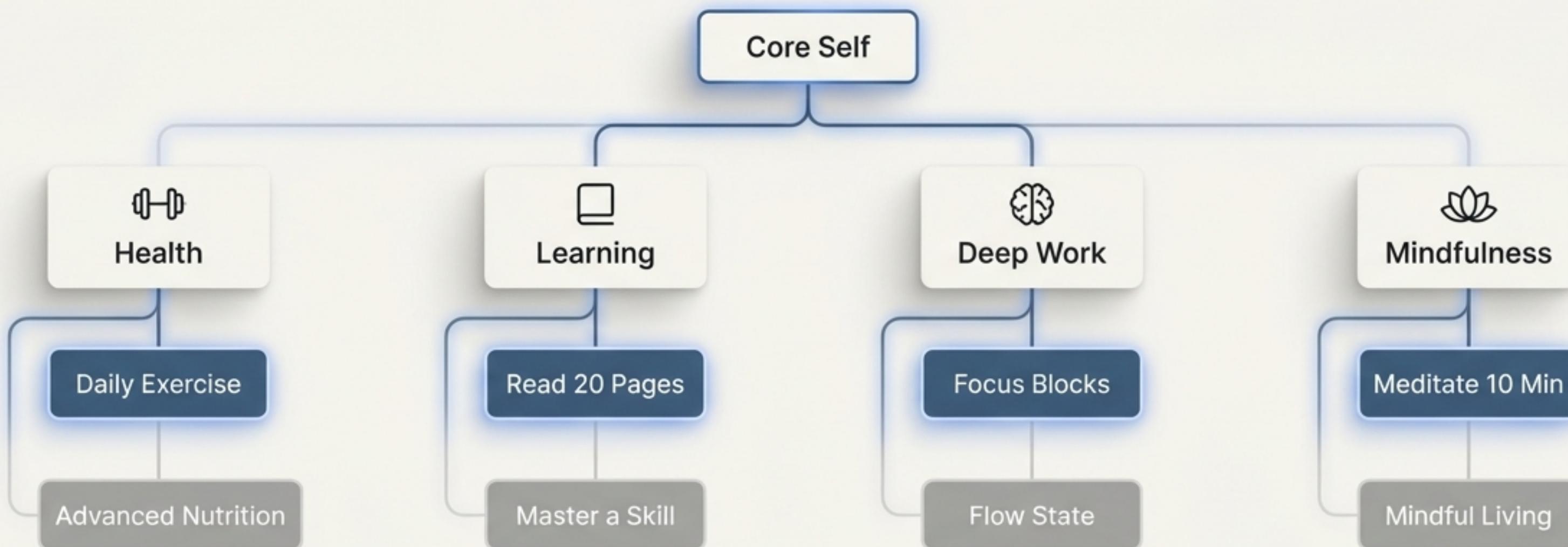
A system for winning the moment-to-moment battles against distraction. It uses concepts like "Sacred Seat," "Precedent," and "Linear Time-Delay" to make starting and completing tasks effortless.



"Think of tasks as battalions. CTDP is our system for deploying them flawlessly in the field."

# Protocol 2: RSIP – The Grand Strategy

A protocol for winning the long war of habit formation. It re-engineers your entire behavioral system from the ground up, one small change at a time.



'We're building your personal 'National Focus Tree' for life.  
Each small habit unlocks a path to larger, meaningful change.'

# The Blueprint: ‘一骑当千’

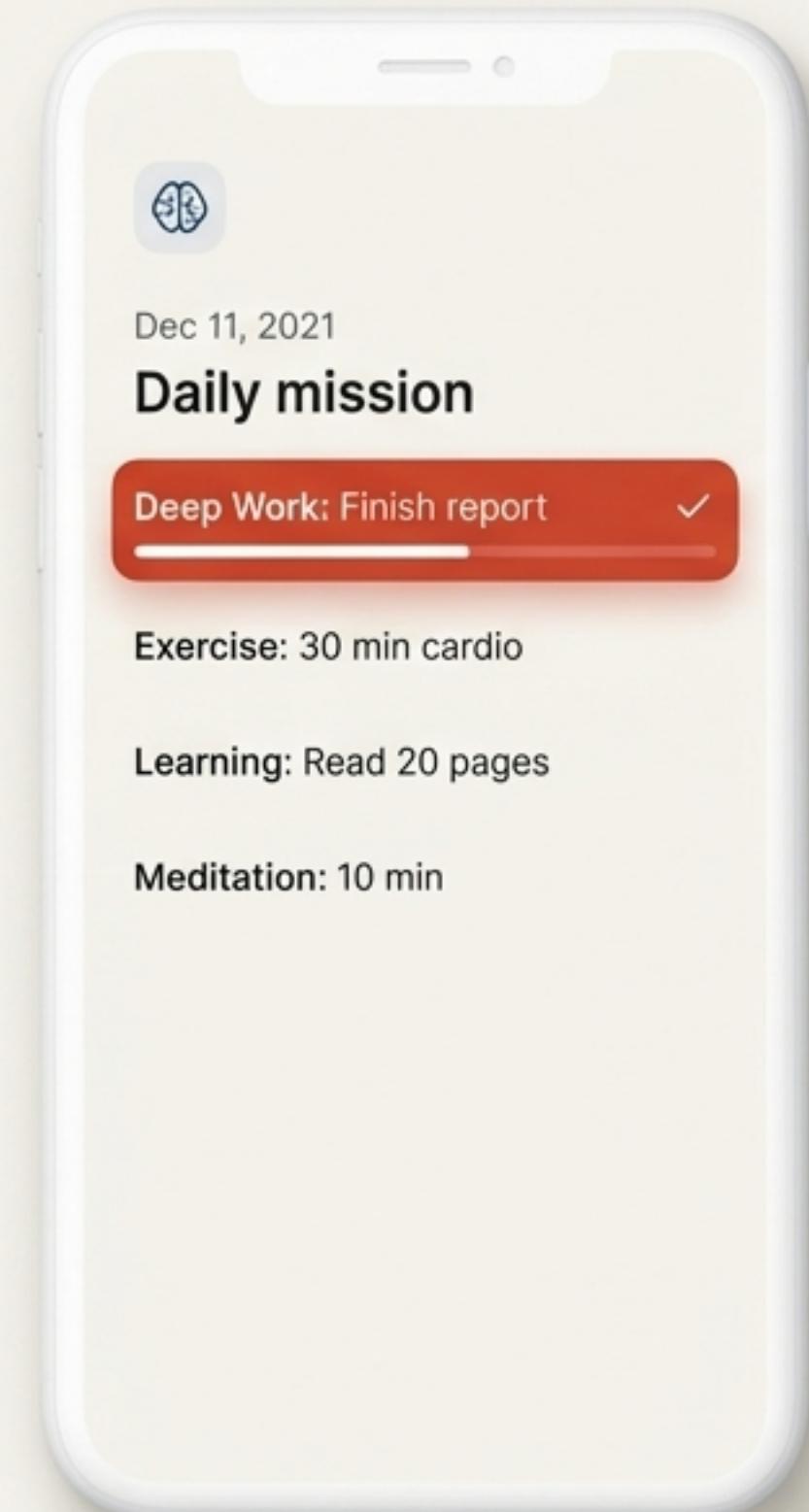
An AI-powered self-management partner that implements these protocols. It's lightweight, minimalist, and personalized.

## AI Task Decomposition:

Input a goal, the AI creates the battle plan.

## Dynamic Habit Formation:

Build your personal 'Focus Tree' to achieve long-term change.

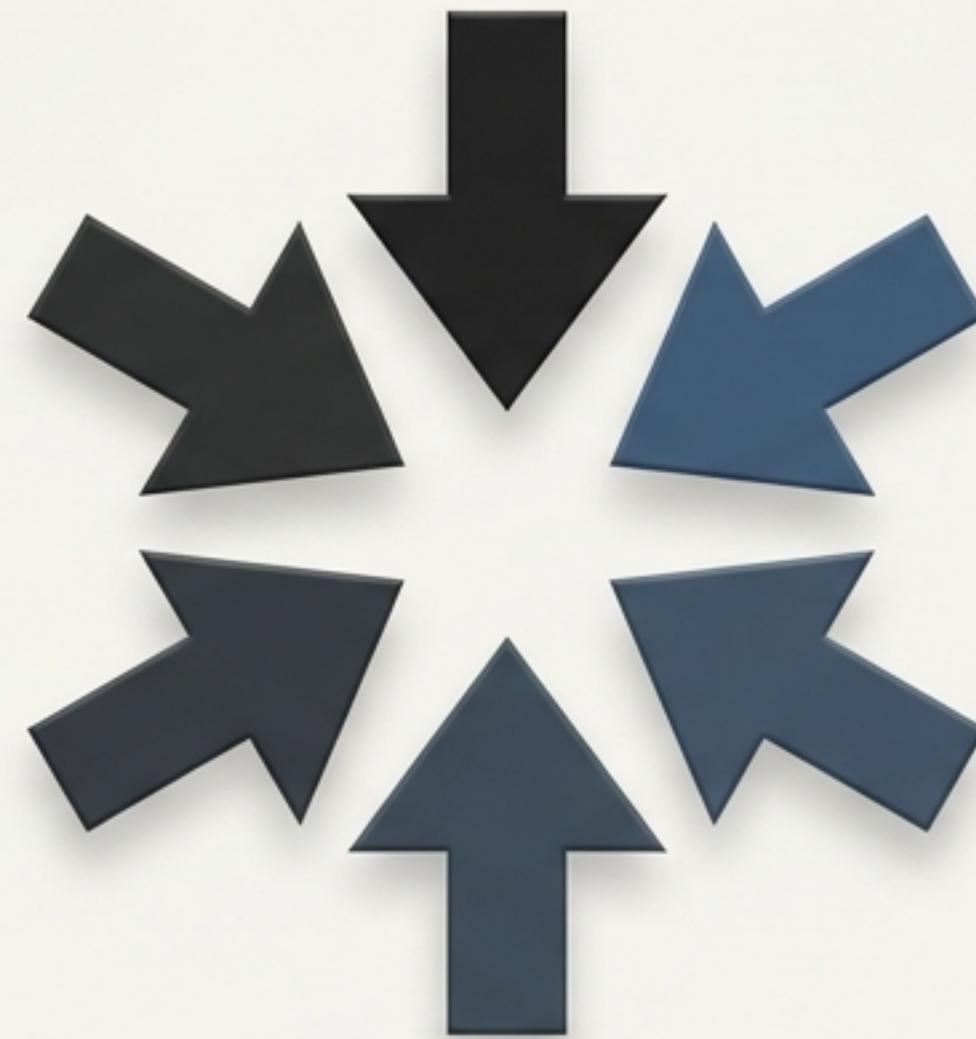


# The First Objective: Operation MVP

We have the theory and the blueprint. Now, we build. Our goal is to create a functional, polished MVP by the end of the winter break for a mobile launch next semester.



# We Need an Elite Squad.



We're looking for passionate builders who want to create something truly different. This is about skill, dedication, and "vibe coding" to move fast and build with focus.

# The Roster



## Frontend x2

To build a beautiful, responsive, and lightweight user experience.



## Game Developer x1

To infuse our gamification elements with life.



## Backend x2

To architect the core logic and AI integration.



## Designer x1

To define a unique and powerful visual identity.



# Let's Build the Future of Focus. Together.

This is more than an app. It's a tool to empower people. If you're tired of the noise and want to build the solution, this is your mission.

**Contact:** mission-control@live-like-an.army

**Deeper Dive:** Read the intelligence dossier: [link to articles]

**Next Steps:** Let's talk.