Towards Chronic Health

Building Your Personal Well-Being System with AI

But Why?

Traditional health tracking is rather fragmented into isolated metrics. This does blind spots precisely where the most valuable insights emerge.

- **Fragmentation Problem**: Standard approaches separate physical, mental, and professional domains

- **Connection Opportunity**: The intersections between domains reveal non-obvious correlations

- **Sovereignty Vision**: Taking ownership of your well-being journey with AI as analytical partner

Not Replacing Your Doctor

Each specialist — whether cardiologist, psychotherapist, physical therapist, or nutritionist — maintains deep but necessarily narrow focus within their domain of expertise.

Healthcare practitioners serve fundamentally different but equally essential functions:

- **Provide expert diagnosis** within specific domains of health

- **Offer evidence-based interventions** for specific conditions

- **Possess specialized knowledge** accumulated through years of training

- **Access specialized tools** like imaging equipment, laboratory tests, and prescription medications

- **Intervene authoritatively** during acute situations

- **Manage complex conditions** requiring specialized expertise

The Complementary Relationship

These two approaches work synergistically in several key ways:

- Information flow enhancement

- Connecting specialized islands

- Continuous monitoring vs episodic, high-resolution snapshots

- Tracking interventions' effects

The Ideal Partnership

Combining:

- The **diagnostic precision** and **evidence-based interventions** of healthcare specialists

- The **systematic integration** and **pattern recognition** of the personal health framework

Status Check

- General experience level with AI (generative AI, chatbots)

- Tools

- ChatGPT

- Gemini

- Claude

- Whisperboard

- Superwhisper

- Markdown

Beyond Single Conversations

Single AI interactions are limited in scope and contextual awareness. An integrated project transcends these limitations.

- **Contextual Persistence**: Building a comprehensive documentation that evolves over time

- **Educational Journey**: Learning about patterns, mechanics, and dynamics that affect your well-being

- **Systematic Approach**: Creating a framework that connects disparate health elements into a cohesive whole

Project Power

At the very basic level, a project is this:

1. You use a **SOTA model**

2. combined with **a set of files**, some of which are your documentation, and some are special project instruction files, and then

3. you have **well-contextualized conversations** that are, or become, **highly relevant to you personally**

More Benefits

- **Pattern Recognition**: Identifying non-obvious correlations between domains that traditional tracking misses

- **Personalized Protocols**: Developing custom approaches based on your unique patterns rather than generic prescriptions

- **Meta-Awareness**: Gaining deeper understanding of your own mechanisms and responses

- **Frictionless Documentation**: Leveraging voice dictation and AI to make capture effortless

Getting Started

Templates and resources to begin your own integrated well-being system.

- **Project Instructions**: Framework for establishing your AI partnership

- **Style**: Full Sentence (recommended, but up to you)

- **Multimodal Input**: Incorporating voice, text, and data seamlessly

- **Experimental Mindset**: Approaching the process with playfulness and curiosity

Practical Demonstration

Live exploration with a volunteer to illustrate the contextual interview process.

- **Initial Documentation**: Establishing baseline parameters

- **Goal Articulation**: Clarifying specific well-being objectives

- **Emergent Connections**: Identifying relationships between seemingly separate domains

Input Abundance Philosophy

Don't hold back or censor yourself – patterns emerge from comprehensive documentation.

- **Signal from Noise**: AI excels at extracting key points from lengthy reflections

- **Permission to Document**: Even seemingly tangential observations contribute to insights

- **Volume Advantage**: Pattern recognition improves with input richness

System Malleability

The entire setup is customizable at any point to almost any degree.

- **Evolving Expectations**: Success criteria develop naturally through system interaction

- **Continuous Refinement**: Framework adapts based on emerging insights

- **Personal Tailoring**: Each implementation will be unique to individual circumstances

Your Journey Begins

This framework represents a starting point for your exploration.

- **Shared Experience**: We can learn from each other while recognizing our unique paths

- **Continuous Evolution**: Your system will grow and adapt with your changing needs

- **Questions & Discussion**: Let's explore how this might work for your specific situation

I Hope You Found This Useful!

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Resources here 👇