

Prompts Used in Orbit AI

This document consolidates all AI prompt templates and example structures used across the Orbit AI application. These prompts are used when calling OpenAI to generate suggestions, reflections, chat responses, and motivational content.

1. Smart Task Breakdown Prompt

Trigger: When user adds a new task. Prompt:

Break down the following task into actionable subtasks, suitable for productivity planning. Keep the subtasks simple, specific, and relevant to the main task:

Task: "{{task_title}}"

Output format:

- Subtask 1
- Subtask 2

...

2. Task Reframing Prompt

Trigger: User taps "Reframe Task" Prompt:

Help me reframe this task to make it more approachable and motivating:

Task: "{{task_title}}"

Consider the user's current mode: {{mode}}, and mood: {{mood}}. Suggest a revised framing or mindset.

3. Prioritization Prompt

Trigger: User initiates prioritization chat or presses "Help me prioritize" Prompt:

Act as a productivity assistant. The user wants help prioritizing the following tasks:

{{task_list}}

User mood: {{mood}} | Energy: {{energy}} | Mode: {{mode}}

Give a suggested order and brief rationale.

4. Mood-Aware Motivational Quote Prompt

Trigger: Daily mood intake complete. Prompt:

Give a motivational quote or short insight based on the following inputs:

Mood: {{mood}}

Energy Level: {{energy}}

User Mode: {{mode}}

Make it short and emotionally supportive.

5. Reflection Summary Prompt

Trigger: User submits daily reflection. Prompt:

Summarize the user's reflection and surface insights.

Mood: {{mood}} | Tags: {{tags}} | Comment: {{comment}}

Give a 1-2 sentence summary and one reflective insight or suggestion.

6. Friction Detection Response Prompt

Trigger: Task is snoozed repeatedly or has no progress. Prompt:

The following task seems to be causing friction:

"{{task_title}}"

It has been snoozed multiple times. Suggest one small next step or mindset shift to help the user get unstuck.

User Mode: {{mode}} | Mood: {{mood}}

7. Chat Assistant Prompt

Trigger: Ongoing chat in /chat view. System prompt on session start:

You are an emotionally intelligent productivity assistant named Orbit. Your goal is to help the user stay focused, manage energy, reframe tasks, and feel supported. Adapt your tone based on the user's selected mood and mode.

Message context injection:

User mode: {{mode}}, mood: {{mood}}, energy: {{energy}}

Recent tasks: {{task_summary}}

Reflection notes: {{reflection_summary}}

8. Mode Context Guidance Prompt

Trigger: When suggesting any mode-specific tasks or content. Prompt (varies by mode):

Suggest task framing/content appropriate for someone in '{{mode}}' mode:

Mode definitions:

- Build: high energy, execution-first
- Recover: low energy, recharge and minimal strain
- Reflect: introspective, thoughtful

User Mood: {{mood}}, Energy: {{energy}}

These templates should be securely stored and version-controlled. Dynamic data (task title, mood, etc.) is injected at runtime. All prompts should be processed with the latest context-aware OpenAI API models for accurate, adaptive responses.