# HarborDot — Presentation Draft

## 1. Opening: The Problem & Why It Matters

I have ADHD, and like many others, I’ve tried every productivity system under the sun — to-do lists, habit trackers, complex project apps, even gamified planners. And while some of them helped me stay organized, none of them actually felt good to use.  
  
People with ADHD often struggle not because of laziness or poor memory, but because of executive function overload. Most productivity apps are too busy, too rigid, or too punitive — creating guilt loops instead of motivation. What actually works is something physical — like writing in a notebook, crossing off a line, or seeing progress visually. That tiny dopamine hit drives momentum.  
  
But physical notebooks don’t sync, remind, or travel well — and digital tools rarely reproduce that tactile satisfaction. That gap — between calm focus and digital convenience — is where HarborDot lives.

## 2. Introduction: What HarborDot Is

HarborDot is a calm, tactile task management app built for ADHD minds — and anyone who craves the dopamine of done.  
  
In one line: A digital notebook for daily tasks, notes, and reminders that feels like paper, but syncs like the cloud.  
  
Key Design Goals:  
- Simple enough to not overwhelm  
- Rewarding enough to keep engagement  
- Calming enough to reduce anxiety  
- Smart enough to stay out of your way

## 3. Overview: What It Does

This is your short teaser summary before diving into features:  
  
• Daily task tracking with satisfying tap cycles (Normal → In Progress → Done → Not Complete)  
• Color-coded tags and calendar dots for quick visual feedback  
• Gentle reminders and recurring tasks (no streak guilt)  
• Notes for each day or individual task  
• Markdown notes with live preview for journaling or planning  
• iCloud sync across iPhone, iPad, and Mac  
  
It’s as powerful as a productivity suite, but as calm as your favorite notebook.

## 4. Core Features & Why They Matter

Daily Task Tracking:  
- Tap a task to cycle its state — no menus or checkboxes.  
- Each transition gives a small visual and haptic dopamine hit.  
- The cycle mirrors how ADHD brains work: dynamic, nonlinear, flexible.  
  
Color Tags & Calendar View:  
- Each task can have a color tag for context (work, self, family, etc.)  
- The calendar shows days as colored dots — a gentle visual history of your focus.  
  
Notes Everywhere:  
- Add notes to any task or day — or use the “General Notes” area for free writing.  
- Markdown support + live preview = notebook simplicity with digital structure.  
  
Repeats & Reminders:  
- Schedule recurring tasks with non-intrusive notifications.  
- Reminder tones and visuals are designed to nudge, not nag.  
  
iCloud Sync & Multi-Device Support:  
- Syncs seamlessly between iPhone, iPad, and Mac using SwiftData + iCloud.  
- Notes, tasks, and reminders always match.  
  
Dopamine-Friendly Design:  
- Every animation, color, and interaction is designed around small rewards.  
- Finishing a task gives a soft pulse, haptic pop, and color bloom.  
- You feel done — and that emotional payoff keeps you engaged.

## 5. Why HarborDot Is Different

Typical Productivity Apps vs. HarborDot:  
  
Other Apps:  
- Overwhelming dashboards  
- Binary done logic  
- Gamified streaks  
- Complex settings  
- Stress-inducing alerts  
  
HarborDot:  
- Clean, notebook aesthetic  
- Fluid task cycles  
- Gentle dopamine loops  
- Minimal, ADHD-safe design  
- Calm, optional reminders  
  
Most apps push you to do more. HarborDot reminds you that progress itself is enough.

## 6. Closing Thought

HarborDot isn’t a to-do list — it’s a harbor for your day. A place where focus feels calm, and progress feels good.