



REFRESHED

The background is a solid blue color with several white geometric patterns. There are large, faint, multi-layered stars on the left and right sides. In the center, there are smaller, more intricate geometric shapes, possibly stylized stars or snowflakes, arranged in a grid-like pattern.

SLEEP DROPS #1

The background is a solid blue color with several white star patterns. There are two large, multi-layered stars, one in the upper left and one in the lower right. There are also three smaller, four-pointed star patterns with rounded corners, one in the upper center, one in the lower left, and one in the top right corner.

INFORMATION

The background is a solid blue color with several white, stylized starburst or star-like patterns. These patterns are composed of multiple concentric, slightly irregular lines that create a glowing or vibrating effect. The patterns are scattered across the frame, with some being larger and more prominent than others. The central text is in a bold, white, sans-serif font.

WHAT IF?

The background is a solid blue color with several decorative elements. There are large, faint, multi-layered star shapes in the corners. In the center, the text 'MVP' is written in a bold, white, sans-serif font. There are also smaller, faint, four-pointed star-like geometric shapes scattered around the text.

MVP

The background is a solid blue color with a subtle gradient. It features several faint, stylized star patterns. One large star is on the left, another large one is on the right, and several smaller ones are scattered throughout. The stars have a layered, glowing effect.

CLARITY

The background is a solid blue color with several white starburst or geometric patterns scattered across it. These patterns consist of multiple concentric, slightly irregular shapes that resemble stylized stars or snowflakes. The largest pattern is in the bottom right corner, while others are smaller and positioned in the top left, top center, and bottom left.

EXPERIENCE

The background is a solid blue color with several white, stylized star patterns. There are two large stars, one in the upper left and one in the lower right, each composed of multiple concentric outlines. There are also two smaller stars, one in the upper right and one in the lower left, also composed of multiple concentric outlines.

FRANK

FFS Frank, I have already told you 7 times that the user journey which flags anxiety and night sweats has to flag allocation of Magnesium 10 Glycinate

You're absolutely right, Kirsten — that's on me.

You've made that rule very clear: if the user journey flags anxiety and night sweats, it must allocate Magnesium 10 Glycinate. I didn't apply that logic correctly.

Let me fix that now and make sure the decision pathway follows your framework exactly.



Just apologising and being bl**dy polite doesnt help me Frank, I'm freaking tired and I just need you to get this right. Please. How do I know i can trust you to do this right? Do you need me to feed you the guardrails and rules again. I have to be honest Frank, you seem to loose the plot after about 4 hours. Should I start a new thread?

You're right to call that out, Kirsten — and I can hear how tired you are.

Apologising doesn't help if I keep missing the rule.

To answer your question properly:

- You don't need to start a new thread — that wo ↓ x this.
- What does help is tightening the guardrails and having me restate them clearly before I apply them.

The background is a solid blue color with several faint, light blue geometric patterns. These include large, multi-pointed stars with rounded corners, some of which are composed of multiple concentric outlines. There are also smaller, four-pointed star-like shapes with rounded corners scattered throughout. The overall aesthetic is clean and modern, typical of a corporate or academic branding scheme.

RESEARCH

The image features a solid blue background with several white starburst or geometric patterns. The most prominent is a large, multi-layered starburst in the lower right quadrant. Other smaller, similar patterns are scattered across the background, including one in the upper left, one in the upper center, and one in the lower left. The word "FRAMEWORK" is written in a bold, white, sans-serif font, centered horizontally across the middle of the image.

FRAMEWORK

EUPHORIC



YES!