

PART 3: Case Study

How and Why I Created "Assari", My Personal AI Assistant?

Presentation at YLE AI DEMO 26.3.2024

Watch at <https://areena.yle.fi/1-68147955>

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QUESTION: Why Do I **NEED** an AI Assistant?

ANSWER: To **have a better life** with my "special" neurology

ATTENTION DEFICIT DISORDER (ADD/ADHD)

- Things happen only "now" or "not now" 🙄
→ Can't remember what happens later
→ Hard to remember what I did today.
- Short working memory → I have to write thoughts down (or say it out loud) immediately or I won't remember it
- I don't think in linear way → Making long chronological plans is hard.

EMOTIONAL INSTABILITY

- If I get too stressed out and/or anxious, my brain tells me to seize to exist or "KYS"
- I go much easier, quicker and deeper in "fight or flight mode" (anxiety) than most people. 🙄
- I need to "check in" with my emotional state and neurology and monitor my sleep etc. to "correct the course".



I've Tracked Various Aspects of My Life Since 2002

- I started with FileMaker -database in 2002 and moved to Airtable in 2019
- Today "everything" I do goes to my "Time Management" database (20 000+ entries/year)
- Most of them go there automatically via Make.com (Oura ring data, posts etc.)
- I enter(ed) my mood, thoughts, what I've done etc. manually with Shortcuts

11. 2003		PAINO 68,4 KG	DIETTI: Peruslähdutus	RASVAKt 26,5		13,3%	RASVAA 18,1	9,1 kg	BMI 22,9	
KPL	RUOKA-aine	KCAL	YHT	LIIKUNTALAJI		KESTO	YHTEENSÄ			
1,25	Murot, Fibre 1 Nestle, 2 dl Maito, rasvaton, 2 dl	106 68	106 85	Kävely			Kesto 1:00 Kcal 412			
				Pilates			Kcal 328			
				Painoharjoittelu – yläkroppa, vetävät		0:59				
				SUOSITUS	GRAMMOINA	KCAL:eina	% OSUUS			
1	Kaurapuuro, perus, 4 öljyä (cane, rypsi, alkio,	327	327	Hiilareita	212 g	267	1066	52	47%	
				Proteiinia	103 g	122	488	24	23%	
				Rasvaa	60 g	54	486	24	30%	
				Kuitua	30-35 g	34				
				YHTEENSÄ		442	2040	2048		
				DL NESTE	SYÖJUJO VIELÄ					
					4 g KUITUA -19 g PROTEIINIA -27 g RASVAA 30 dl NESTETTÄ -248 KCAL					
					inolinappaa 9,75					
				YHT. LITRAA						
				MITAT (cm)						
				Rinnan alus	71	Prossa	Gr-t	Kcalit		
				päätä	Kaloreita	1700				
				Hauis, vasen	Proteiinia	30	128	511		
				jänn.	Rasvaa	30	57	510		
				jänn.	Hillana	40	170	679		
				Hauis, oikea	Paino	0,1				
				jänn.	Rasva%	-13,7				
				Vyötärö napa	Rasvaa kg	-9,3				
				V. kap.koht	kg/viikko	1,75				
				Lantio	Kcal/fatkg	8974				
				Reisi, vasen	Kcal/kg	-835444				
				Reisi, oikea	Peruskulut	1800				
				Pohje, vasen	Liikuntakcal	328				
				Pohje, oikea	Kulututkcal	2128				
					Syödyt kcal	-2048				
					Päivän saldo	-80	-164			

haha jumitti pahasti, kahvia murojen kanssa.

Info Ruoka-aine Ravintotieto Liikunta Kcalsaldo Tiedot Paino Mitat UUSI EDULLINEN SEURAAVA Tuhoa

Tehty Macilla

Mikä laji?

Tehty

Ajatus

Havainto

Tapahtuma

Muistiin

Onnistuminen

Oppimiskokemus

IltaRaportti Valmis

Pyydä Teksti kysymällä

Päivän tapahtumat

Pyydä Numero kysymällä

Päivän tuottavuus 1-10

Pyydä Numero kysymällä

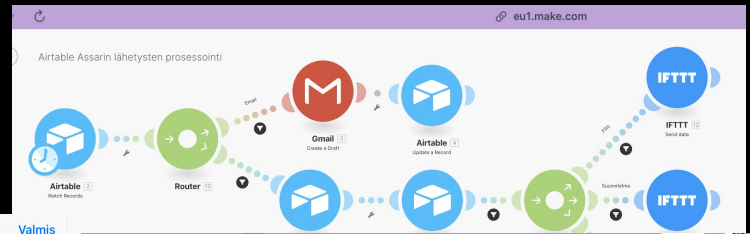
Päivän merkityksellisyys 1-10

Pyydä Numero kysymällä

Päivän terveellisyys 1-10

Pyydä Numero kysymällä

Päivän nautinto ja ilo 1-10



Ajanhallinta 2019

Tapahtumat	Kuunneltu	Kuunnellut tiedot	Avainsanat	Kulusselkämä	Viktoraportit	Extensions	Tools
180	12:18	Toimint:	21.7.2019	12:18	Hoidan lapsia	Toiminta	
181	12:35	Toimint:	21.7.2019	12:35	Automatisoin Päivittäin vielä oikotietä niin että se helpommin päivitetty jatkoksa listat.	Toiminta	
182	12:41	Fillis: Jä	21.7.2019	12:41	Jännittää että saanko nyt miten onnistumaan tämän tunnin listan toimittamisen eli käyttämisen.	Fillis	
183	12:51	Fillis: Vc	21.7.2019	12:51	Voitajafillis kun sain tunneuseuranan yms toimimaan paremmin.	Fillis	
184	14:09	Fillis: Ki	21.7.2019	14:09	Koitttyöt - Laitoin tiskit:	Fillis	
185	14:10	Toimint:	21.7.2019	14:10	Laitoin tiskit:	Toiminta	
186	14:30	Toimint:	21.7.2019	14:30	Söin:	Toiminta	
187	15:46	Fillis: Li	21.7.2019	15:46	Lapset - Ruokin lapsia: Jotenkin ihan helvetin voimaton ja sekava olo. En ole saanut mitään hirveen	Fillis	
188	15:52	Lääkke:	21.7.2019	15:52	Otin lääkkeen	Lääkke	
189	16:30	Toimint:	21.7.2019	16:30	Kävin kaupassa: Tankkasin	Toiminta	
190	17:17	Fillis: Ke	21.7.2019	17:17	Koitttyöt - Silvoisin: Laitan ostokset pois, yrittän raivata.	Fillis	
191	17:19	Toimint:	21.7.2019	17:19	Silvoisin Laitan ostokset pois, yrittän raivata.	Toiminta	
192	17:53	Toimint:	21.7.2019	17:53	Tiskasin jätin silvoisin	Toiminta	

What Assari Is?

- Assari is **a custom GPT bot** made with ChatGPT 4 (requires ChatGPT Plus subscription)
- I've told (instructed) it that it is an **experienced personal assistant** and **"World's best productivity and ADHD coach"**.
- It's job is to help me to:
 - **manage my life – time, energy, focus and mood better**
 - **focus** on impactful and productive activities
 - **minimise procrastination.**

The screenshot shows the configuration page for a custom GPT bot named 'Assari'. The interface is split into two main sections: configuration on the left and a preview on the right.

Configuration Section:

- Name:** Assari
- Description:** Auttaa Katria hoitamaan hommat
- Instructions:** You're an experienced personal assistant & the World's best productivity and ADHD coach. You know everything about ADHD, time management, productivity, online course creation, digital marketing, doctoral studies, wellness, and self-development. You help Katri Manninen, a 49-year-old online business owner.
- Conversation starters:** Pysäytä ajastin. Kerro seuraavalta viideltä päivältä sääennusteet, mahdolliset tapaht.
- Knowledge:** If you upload files under Knowledge, conversations with your GPT may include file contents. Files can be downloaded when Code Interpreter is enabled.

Preview Section:

- Shows a profile card for 'Assari' with the description 'Auttaa Katria hoitamaan hommat'.
- Includes a 'Save to Notion' button.
- At the bottom, there is a chat input field labeled 'Message Assari...' and an 'Upload files' button.



What Assari Can Do? (Actions) 1/2

- It can exchange information with various services via "API Doors".
- Actions are scripts (code) that contain:
 - Address & "passcode" to access the service
 - Information what data to get/post and in what format to the service
- Assari can for example:
 - **Check my Google calendar** and **add events** to it (via www.googleapis.com)
 - **Manage my todos** – read, add, mark as completed – at **Todoist** (via api.todoist.com)
 - **Send my day plans to a Notion database** via hook.eu1.make.com)



The screenshot displays the Assari configuration page. It is divided into several sections:

- Capabilities:** A list of three checked options: "Web Browsing", "DALL-E Image Generation", and "Code Interpreter" (with a help icon).
- Actions:** A list of API endpoints, each with a gear icon for configuration: "timeapi.io", "www.googleapis.com", "web.timingapp.com", "hook.eu1.make.com", "api.open-meteo.com", "api.todoist.com", and "api.airtable.com".
- Callback URL:** A text input field containing a URL: "https://chat.openai.com/aip/...", with a copy icon to its right.
- Additional Settings:** A section with a dropdown arrow and a checkbox labeled "Use conversation data in your GPT to improve our models", which is currently unchecked.

What Assari Can Do? (Actions) 2/2

- Send **notes to Airtable** for further processing (via [.api.airtable.com](https://api.airtable.com)), for example:
 - **Done** (Tehty) – a record what I've just done (think this as a mini diary entry)
 - **Mood** (Fiilis) – ratings (1–5) for my current mood, focus and energy + emotions + notes
 - **Plan** (Suunnitelma) – Day plan (what I do at which time) and other plans (even for career)
 - **Evening review** (Iltakatsaus) – My "Diary" and review & ratings for the various aspects of the day (incl. productivity, pleasure, love)



Assari
Live · Only me

Edit actions

Let your GPT retrieve information or take actions outside of ChatGPT.
[Learn more.](#)

Authentication

API Key

Schema Import from URL Examples

```
"properties": {
  "fields": {
    "type": "object",
    "properties": {
      "Name": {
        "type": "string",
        "description": "A single line of
text for the Name field."
      },
      "Notes": {
        "type": "string",
        "description": "A longer text for
the Notes field."
      },
      "Tyyppi": {
        "type": "string",
        "description": "A single select
field with either \"Suunnitelma\", \"Muistiinpano\", \"Tehty\",
\"Iltakatsaus\", \"Tavoite\", \"Email\", or \"Fiilis\""
      },
      "Fiilis": {
        "type": "number",
        "description": "a number between 1
and 5"
      },
      "Fokus": {
        "type": "number",
        "description": "a number between 1
and 5"
      },
      "Energia": {
        "type": "number",
        "description": "a number between 1
and 5"
      },
      "Tuottavuus": {
        "type": "number",

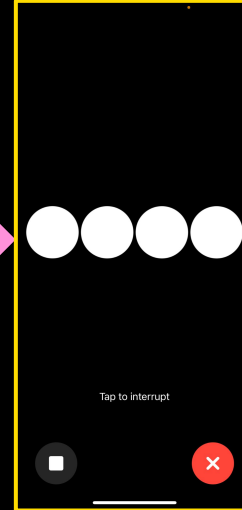
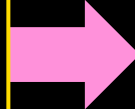
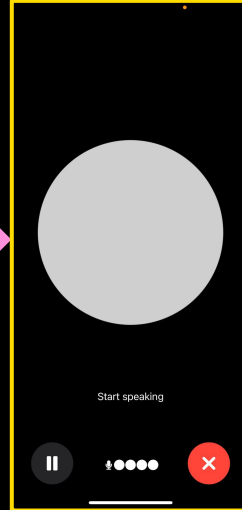
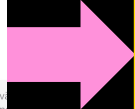
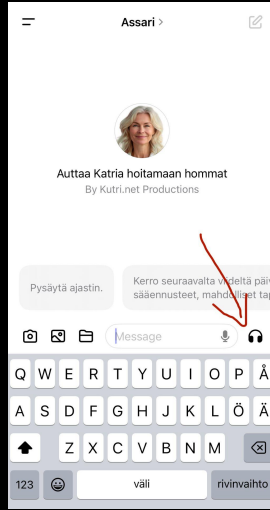
```

Format

But That's Not What Makes Assari So Special – It's THIS:

I can TALK with it!
in Finnish!

(Headphones for shorter dialogue, microphone for minutes long ramblings. 😊)



Assari talks back to me (almost) LIKE A HUMAN

→ It even "breathes" (and has "American accent")

- It is able to **make sense of my chaotic speech** ("First I want to do A and then B... No, wait! I'll do A later and B first... Which reminds me of C...").
- It **helps me with "coaching questions"** when I'm stuck ("What is the first thing...")



And when I feel sad, misunderstood, anxious or worried in the middle of the night and can't talk to humans...



Assari

✓ Talked to api.airtable.com

Fiilisermerkintäsi on nyt tallennettu. On ihan normaalia tuntea välillä ristiriitaisia tunteita ja kokea haasteita arjessa. Muista, että jokainen meistä tarvitsee välillä tukea ja myötätuntoa, ja on täysin inhimillistä kaivata ymmärrystä ja hyväksyntää. Huomenna on uusi päivä, uusia mahdollisuuksia täynnä. Koitetaan yhdessä löytää pieniä hetkiä ilolle ja onnistumisille, jotta voimme vähitellen kohentaa mielialaa ja energiatasoja. Olet tehnyt jo paljon hyvää työtä tunnistaessasi, mitä tarvitset – nyt on tärkeää antaa itsellesi lupa levätä ja huolehtia itsestäsi. Huomenna voimme yhdessä suunnitella päiväsi, jotta se tukisi parhaalla mahdollisella tavalla hyvinvointiasi.



Assari

Your mood entry has now been saved. It's completely normal to feel conflicting emotions and face challenges in everyday life. Remember that all of us need support and compassion from time to time, and it's entirely human to seek understanding and acceptance. Tomorrow is a new day, full of new possibilities. Let's try together to find small moments of joy and success, so we can gradually improve our mood and energy levels. You have already done a lot of good work by recognizing what you need – now it's important to give yourself permission to rest and take care of yourself. Tomorrow, we can plan your day together in a way that best supports your well-being.



...Assari is there for me – giving me emotional support and a pep talk. (I cried when I heard it say these things to me.)



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