

The 10-day agent reset: what to cut so you keep opening it

Most personal agents are not abandoned because they were wrong. They are abandoned because every use cost a decision and a re-explanation. Here is the fix, in one page.



The four rules that keep an agent in use

RULE	WHAT IT LOOKS LIKE IN PRACTICE
Fewer decisions	Cap every output at three items that need you, ranked by the cost of ignoring them
Act, don't ask	Read-only work runs unattended and reports back; gate only spending, sending and commitments
One channel	Pick where it reaches you and refuse a second surface
Prove it in 60s	The first interaction ends in a real artifact — a draft, a booking, a converted file

The seven-day reset

- 1 Delete the source you did not miss.** Look at what it read for you last week; drop what you would not have noticed.
- 2 Cut every output to three items.** Set the cap in the instruction and accept the loss of completeness.
- 3 Move one thing to act-don't-ask.** The most boring read-only task on the list goes first.
- 4 Fix the memory, not the prompt.** Write the five facts you re-explain most often.
- 5 Run seven honest days, then prune.** Any block unread twice gets deleted. What survives is the version you keep.

THE ONE-LINE TEST

If opening your agent costs you a decision or a re-explanation every time, it will be gone by week two. Every fix above reduces what the agent asks of you — that is the whole mechanism.

Retention figures: analysis of a legal AI tool reported by The Deep End via Windows News, September 2026; the viral account of the day-2-to-day-10 drop-off is Gergely Orosz's public post, September 2026.