Scan the code for the room poll.

houseofvibe.ai/personal-os/poll

Build Your Personal Operating System

Will Mitchell · MIC 2026 Field Commission

the take-home page
houseofvibe.ai/personal-os

Build Your Personal Operating System

Will Mitchell

MIC 2026 Field Commission

scan to vote

the take-home page

houseofvibe.ai/personal-os

THE AI CODING USAGE LEADERBOARD

Claude Code & AI coding spend, ranked

The public tokenmaxxing leaderboard for vibe coding — developers ranked by API spend and token usage across Claude Code, OpenAI Codex, Gemini CLI, Copilot and every coding agent ccusage tracks.

LEADERBOARD All 7d 30d Verified All tools

$ Cost Tokens Efficiency



StartupBros
$334.9K
• SUPERNOVA



B-EtterDigital
$436.0K
• SUPERNOVA



dprvda
$295.1K
• SUPERNOVA

#	USER	TIER	COST	TOKENS
1	B-EtterDigital	• SUPERNOVA	$435,957.39	422.5B
2	StartupBros	• SUPERNOVA	$334,899.37	309.5B
3	dprvda CLI	• SUPERNOVA	$295,109.78	380.0B

The headline says AI is curing cancer.

Drugs
AI-designed drug, trial passed.

Stroke
clot removals doubled.

Viruses
genomes written by AI; they work.

Genes
AI-designed editor works in human cells.

Math
Olympiad gold. Fermat, machine-checked.

Weather
Europe's daily forecast, now AI.

Grid
Britain's control room runs an AI solar forecast.

What's actually happening.

Someone in my family has a heart condition. Their AI has a folder with every scan and result, and every week it goes looking: new trials, newly approved drugs, new research on their exact condition, the hospitals running it, the doctors ahead on their treatment.

It's a folder, a schedule, and a question asked every week.

THE CLOCK

Before I opened my laptop this morning.

The backups ran.

Every site got checked.

The reports got written.

The bot answered my community.

42 on a schedule on my machine, 100 more in the cloud, and dozens that fire on an event: a pull request, a payment, a message.

One of the 42, start to finish.

When a member's seat opens up, it writes them a personal email in my voice and sends it from my own Gmail. About **one in three** take the offer.

`my file (my voice) · a connector (my Gmail) · the clock (when a seat opens) · a permission (it sends)`

Some of the other 41.

It watches

inbox every 8 hours

sponsorship requests, one yes or no

It fixes

a site back up in hours

broken things handed to a fixer

It builds

a workout app in a day

a new program every quarter

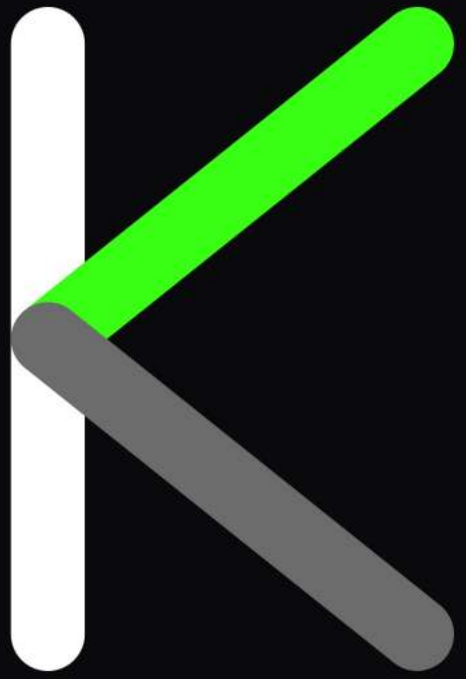
It does the chores

haircut and invoicing, from one recording

It keeps me honest

goals graded from the data, not by me

Same four parts: a file, connectors, a clock, permissions.



Choose which side you want to be on.

This is my rifle. There are many like it, but this one is mine.

Rifleman's Creed, attributed to Maj. Gen. William H. Rupertus.

There are many harnesses out there. This one is mine.

MIC 2026 · THE ROOM POLL

Which model do you use most?

Which harness do you use most?

What do you spend on AI a month, all in?

Vote at houseofvibe.ai/personal-os/poll

Always-on assistant
`OpenClaw, Hermes`

The folder lives on a computer that never closes, so it works while yours is shut.

Terminal
`Claude Code, Codex CLI`

The folder is a repo. Your whole machine.

Desktop app
`Claude Desktop, Codex app, ChatGPT app`

The folder is a folder on your computer. Hands on your files and your apps.

Web chat
`ChatGPT, Claude, Gemini`

`"80% of the value."`

The folder is a Project. Runs on their computers; reaches what you connect.

Your phone is the remote control for every level: ask, approve, read what it did.

Your computer is where the work happens. From the desktop app up, the AI can touch your files, your apps, your whole machine; the always-on level is a computer that never closes.

It doesn't matter which one you use.

Use **the models themselves**, not a wrapper. Log in with the account you already pay for; don't pay per token through someone else's product.

The OS is a folder. The harness is where you open it.

Ask the harness to change itself.

If it's not doing what you want, ask it why.

If it can't, ask it how to become able to.

Every time you click around like a monkey, ask how the agent could do that for good.

A personal operating system is the folder your AI reads before it does anything for you.

Build the brain

your file

memory

connectors

Put it to work

clock

permissions

review

Business brain

brand · offers · deals · voice

Personal coach

goals · health · planning

Pick one today. The folder is the same.

You build while I talk.

1 Project · 2 Prompt · 3 Connect · 4 Review

everything you need is on this page

houseofvibe.ai/personal-os

1 Project · 2 Prompt · 3 Connect · 4 Review

CONSTITUTION

The governing principles of this system. Every feature, integration, automation, and process must align with these principles or be rejected.

This document is the alignment layer. When building new capabilities, check here first.

I. Prime Directive

This system exists to ensure meaningful progress on what matters while protecting against the brain's natural tendency to avoid effort, seek comfort, and confuse motion with progress.

The system is not the work. It is scaffolding. If you're spending more time on the system than the system saves, burn it down and start over.

Productivity is output, not activity. Checking boxes feels productive. Shipping things that generate revenue is productive. Know the difference.

II. Core Principles (Hierarchy)

When principles conflict, higher-ranked principles win. This hierarchy is deliberate.

1. Health enables everything.

Energy, sleep, and physical capacity are prerequisites, not luxuries. A depleted operator cannot do deep work. Cognitive performance degrades before you notice it. Protect health inputs first — they compound into everything else.

2. Deep work compounds; shallow work decays.

Every hour of focused, uninterrupted work on the right problem is worth 10 hours of scattered effort. Shallow work (email, Slack, calls, context-switching) feels urgent but rarely matters. Deep work is where leverage lives. Protect it ruthlessly. Schedule it. Defend it.

Heuristic: If you can do it while distracted, it's shallow work.

3. Leverage over labor.

Build systems, not habits requiring daily willpower. Pay others to do what you shouldn't. Automate what repeats. The goal is output per unit of your attention, not hours logged.

Your time is worth $75-100/hr minimum. Any task that costs less to outsource than to do yourself is a tax on your potential. The Outsource Log exists to make this tax visible and embarrassing.

4. Revenue over vanity.

Track metrics that move the business. Ignore metrics that feel good but don't convert. Subscribers mean nothing without revenue. Traffic means nothing without conversion. Code commits mean nothing without shipped features.

The system is not the work. It is scaffolding. If you're spending more time on the system than the system saves, **burn it down** and start over.

How the file gets written.

it reads your history → it researches you → it interviews you, one question at a time → **you decide the principles**

BUILD 1

Make the folder.

Open ChatGPT or Claude → New Project → name it after your brand, or after you

ChatGPT free: unlimited Projects, in the phone app. Claude free: five.

BUILD 2

Run the prompt.



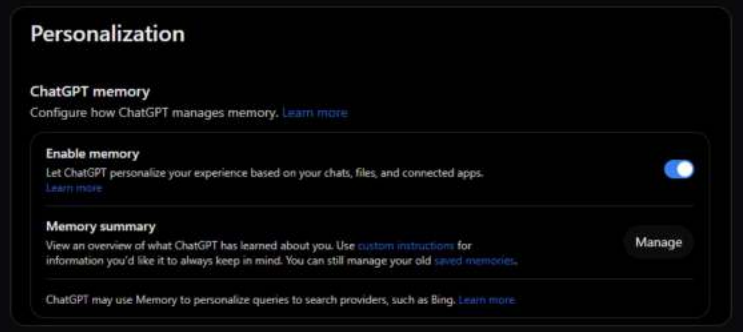
copy the prompt from the page, paste it into the Project, answer the first question.

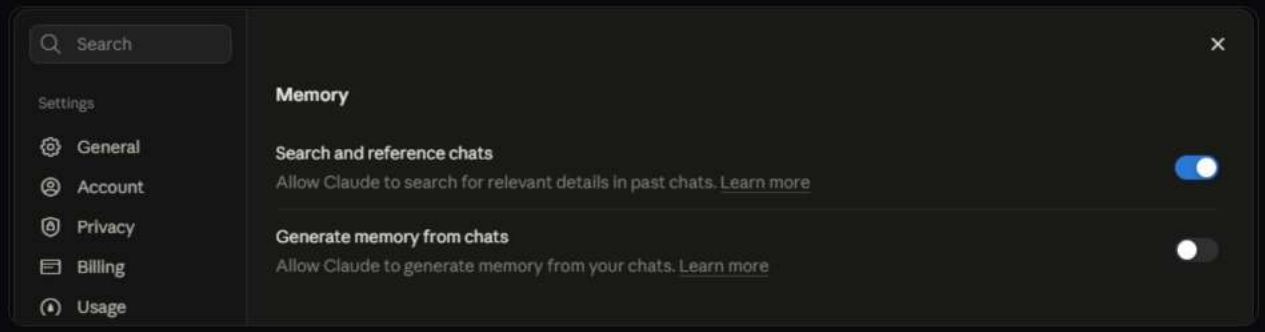
Keep going while I talk. Finish it tonight. When it hands back the file, it goes in the Project's instructions.

Your rules and context travel with the file. Connections and schedules are set up in each tool.

houseofvibe.ai/personal-os

Be skeptical of anything sold as "memory."





Your app can already read your past chats. Turn that on.

Don't buy a memory system.

For projects and businesses: GitHub and good docs, with history.

Connectors are the pipes.

MINE

Gmail (every 8 hours) · Calendar · Discord and Slack · Stripe · my bank · time tracking · to-dos · Whoop, Apple Health, Hevy, a $17 scale · GitHub · Vercel · Supabase

The full list, both directories, is on the page.

Need-to-know, for your AI.

Separate brains for separate jobs. Each gets only the connectors that job needs.

1 Project · 2 Prompt · 3 Connect · 4 Review

BUILD 3

Connect.

Gmail and Calendar first, then browse.

Free ChatGPT: skip it, the interview does the work.

Paid ChatGPT, or Claude on any plan: connect.

Use a personal account and nothing sensitive for today.

GitHub · Vercel · Supabase.

the three that turned my AI from an assistant into a **builder**.

1 Project · 2 Prompt · **3 Connect** · 4 Review

BRAIN BUILT. NOW, **PUT IT TO WORK.**

A schedule is a time.

"Every Monday at 7."

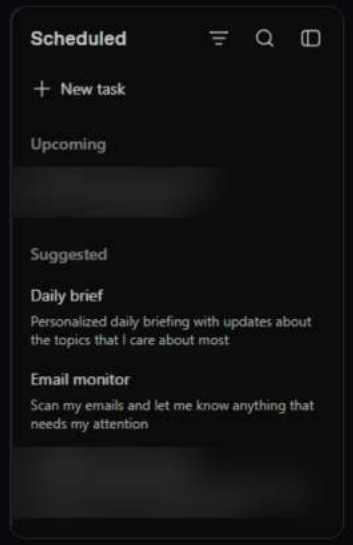
A trigger is an event.

"When a brand email lands."

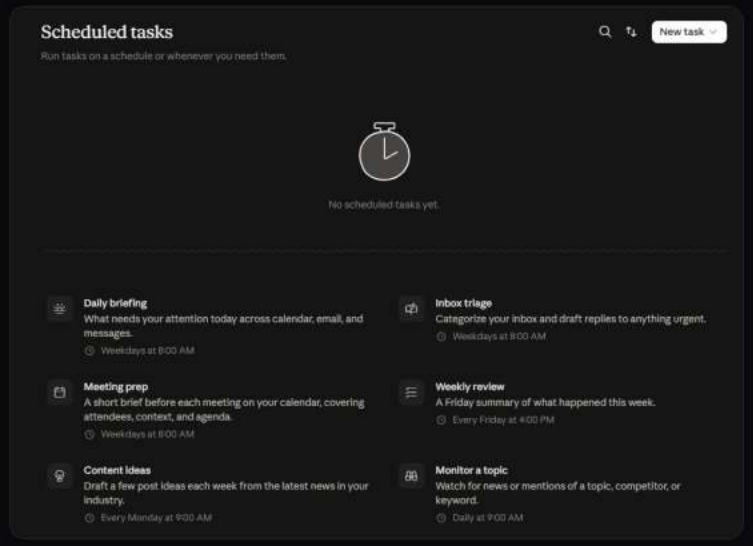
	When ___	look at ___	do ___	send, or draft for me.
schedule	Every Sunday at 6	my calendar and inbox	three questions and the one thing to fix	sends to me
trigger	When a brand email lands	the thread and my file	a reply in my voice	drafts, I approve

Where to set it.

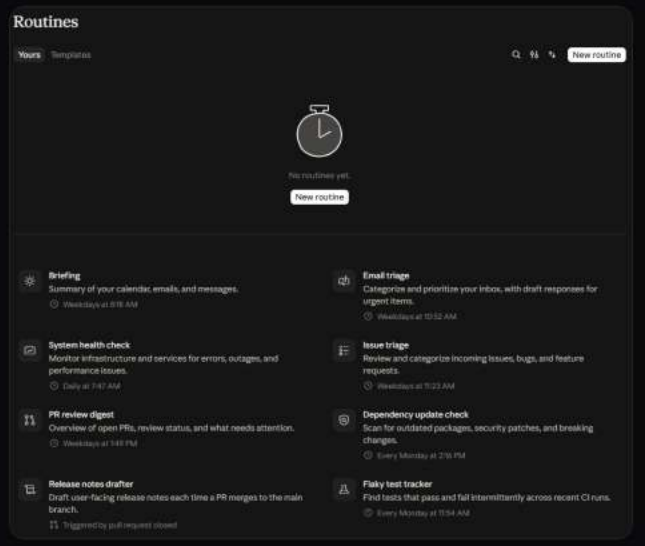
ChatGPT scheduled tasks (free gets 3)



Claude scheduled tasks



Claude Code routines



Gemini scheduled actions

On the paid Gemini plans.

Turn on the weekly review now, on your phone. That's your first one.

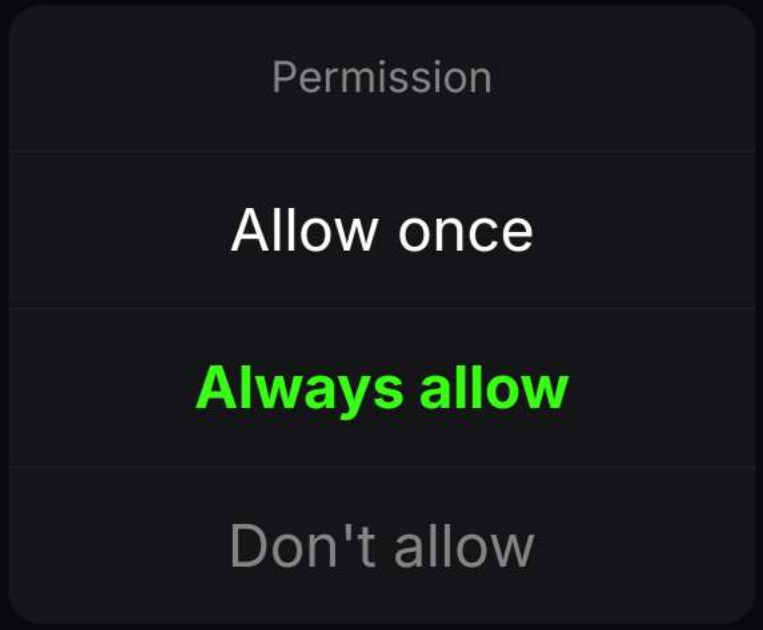
Seven more are on the page.

Should I let AI send things for me?

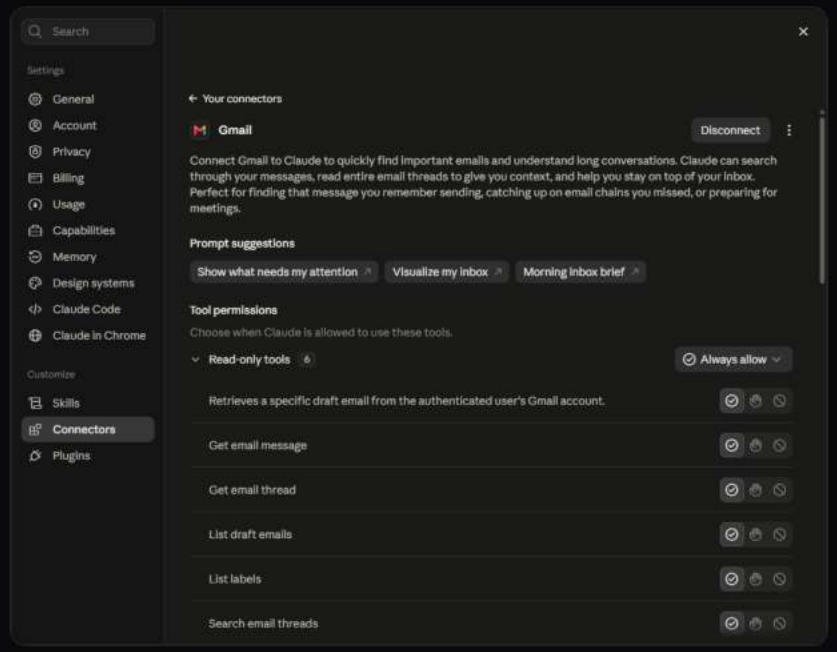
I do, every day.

The rules in my own system.

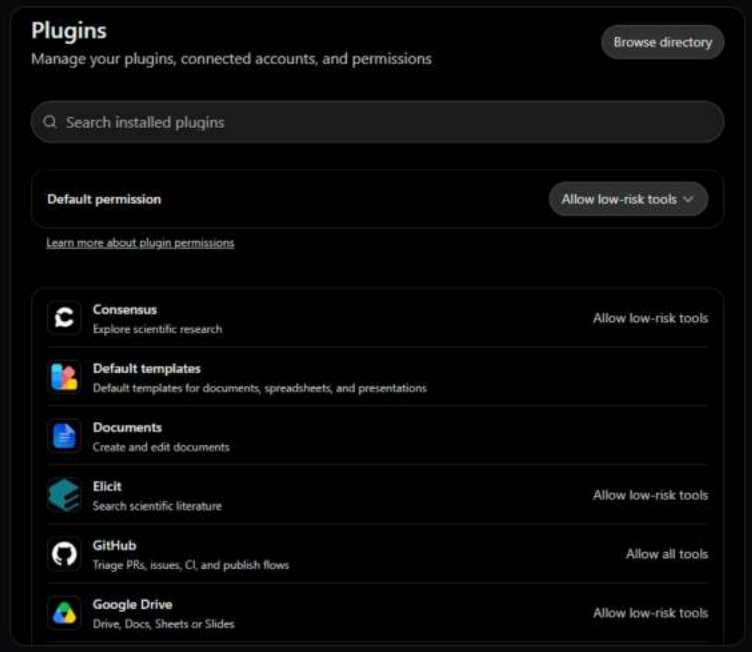
Sends on its own	the win-back email · the 8-hour inbox check
Asks me first	anything that can spend or delete · a purchase, yes or no on my phone
Drafts, I approve	support replies · brand-deal replies
Never	commitments in my name · decisions for me


Permission
Allow once
Always allow
Don't allow

Real settings.



Claude, connector tool permissions: **Always allow** / Needs approval / Blocked



ChatGPT, plugin permissions: Allow low-risk tools / Allow all tools

The ladder.



Send	anything only to you; proven templates
Ask	existing threads, follow-ups
Draft	money, contracts, new brands, public posts

A rule tells it what it should do. A permission limits what it can do.

Off the ladder: spending, deleting, passwords.

The ask list is where the scars go.

My AI once rebuilt a server from scratch with a whole business still on it, in one command. Anything that can do that now asks me first.

Today: 278 things it may do on its own, 25 that ask first, 72 it may never do.

Yours starts at zero. Add one rule per scar.

THE REVIEW

A system that runs on its own drifts on its own.

I built an image system for a designer. A few weeks later, one smoothie in a product photo had lizard skin, and nobody had looked.

The fix was a locked folder of reference images, and a check on the clock.

THE REVIEW

The review caught it.

My time tracker had filed my main tool under Entertainment. For a month my deep-work score said 6.8%. The real number was 87%.

Nothing complained. Only the review looked. That's why it goes on the calendar.

BUILD 4

Put the review on your calendar.

New event · repeats monthly · 45 minutes · "OS review."

Brain, then employee.

your file · memory · connectors | clock · permissions · review

It lives in a folder. It's yours, not the app's.

1 Project · 2 Prompt · 3 Connect · 4 Review

You cannot copy my scars. What you can copy is **the loop**: something breaks, write the rule, put a check on the clock.

1 Project · 2 Prompt · 3 Connect · 4 Review

There are many like it. Build the one that's yours.

House of Vibe

houseofvibe.ai

open source on the House of Vibe marketplace, github.com/StartupBros-com/hov-marketplace

@startupbros · willmitchell.com



the take-home page