

Business Requirement Document

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1.1 Summary

Start with Self: Create tangible improvements to life through better understanding oneself and their actions.

“Nothing is more wretched than a man who traverses everything in a round, and pries into the things beneath the earth, as the poet says, and seeks by conjecture what is in the minds of his neighbors, without

perceiving that it is sufficient to attend to the daemon within him,
and to reverence it sincerely.” - Marcus Aurelius

This quote is extremely important to Start with Self as it illustrates the main purpose.

If you would like your life to improve the only means we have is to understand yourself and make changes.

But how do we make changes to ourselves? How do we navigate this process?

Simply step in and do your best to understand a problem and execute a solution.

Understand what you need, and how to work with others to reach that objective.

Learn to collaborate. Understand your real impact on a system.

1.1.1 Overall Objectives

The overall objective of Start with Self is to create a more streamlined, accessible, no bullshit way, to handle problems in our life. To illustrate the importance of morality, belief, and religion as a toolkit for having a better life. And most importantly to give users the tools to learn and understand themselves in a safe, outcome driven process.

1.1.2 Background

The method I took to learn the proper way to conduct myself in life, was chaotic, unpredictable and painful. Through a series of steps, I'm slowly learning how to be a collaborative member of society, in a way that brings me peace, joy, happiness, love, and connection.

Start with Self is an accumulation of those learnings. A combination of:

Jordan Peterson - Self Authoring

Psychology - Mindfulness, CBT, DBT

Stoic Philosophy

Leadership

Alcoholics Anon

Spirituality and Religion

The goal being tangible improvements to life through better understanding oneself and their actions.

1.1.2.1 Business Drivers

Apps like headspace, calm, self-authoring, have demonstrated that there is a market for self-help. However through using these tools there is a tangible aspect lacking. They are belief structures that are to followed that change life. However they fail to assist in tangible outcomes for the user.

My experience with headspace was that I would meditate and feel better but would need to do it everyday. This became unsustainable and didn't help me address the root of my issues.

Self-authoring was good but it wasn't iterative enough. I found my goals changing and not having a good mechanism for understanding that.

There were shortcomings to the leadership aspects I've learned as well as the other methodologies. Primarily that it takes a religious undertone to succeed.

1.2 Product Scope

1.2.1 In Scope Functionality

Epic	User Story	Development Phase
Login	As a new user I can register for a new account.	Phase 1
	As a returning user I can log in to my account.	Phase 1
Initial Exercise	As a user I can fill out and complete the content for SWS.	Phase 1
Additional Resources	As a user there is access to resources that continue the journey.	Phase 1
Update/Edit Content	As a logged in user I want to be able to revisit all the questions so that i may update/edit them.	Phase 1

	As a logged in user I can update my goals/ islands.	Phase 1
	As a logged in user I can add additional figures that i admire to my list	Phase 2
Summarize Content	As a logged in user I can see a detailed reflection from all my answers at the end of the questionnaire.	Phase 1
Daily Design	As a logged in user I can fill out a new daily design everyday.	Phase 1
	As a logged in user I can go through old daily designs to see my progress.	Phase 1

	As a user i can decide whether i want to receive emails to remind me of my daily design	Phase 1
User Interface After information is filled out.	As a logged in user I can see all the current island i have and in which direction/to which island i am traveling towards.	Phase 1
	As a logged in user I will see new quotes in my daily design from the list of people i admire	Phase 3
Payment	As a returning user I can purchase the full product.	Phase 2

1.3 System Perspective

[Provide a complete description of the factors that could prevent successful implementation or accelerate the projects, particularly factors related to legal and

regulatory compliance, existing technical or operational limitations in the environment, and budget/resource constraints.]

The following are the factors that could prevent successful implementation

1.3.1 Assumptions

Primary assumption is that this product will work for people. Development should be focused around MVP so not to do more work than needed. What product will work and create wow for people.

1.3.2 Constraints

Currently no budget for development. Opportunity to find financing after initial success.

1.3.3 Risks

No business risks to the project given we aren't pursuing a route with exposure.

However as far as adoption, it will be hard to find where the product best fits the market.

Sensitive information - ensure data compliance.

This type of exploration can be dangerous to people, need disclaimers and backed by mental health professionals.

1.3.4 Issues

We are likely to have some larger R&D after release of the project due to proving out the market.

2 Business Process Overview

[Describe how the current process(es) work, including the interactions between systems and various business units. Include visual process flow diagrams to further illustrate the processes the new product will replace or enhance.

Use case documentation and accompanying activity or process flow diagrams can be used to create the description(s) of the proposed or "To-Be" processes.]

2.1 Current Business Process (As-Is)

There are a variety of ways to learn these skills but no streamlined, easily accessible, advertised ways to do so.

More generally, the business process involves:

1. Reach a point of needing professional help.
2. Reach out and pay for professional help services.
3. Trial and Error of professional help.
4. Stigma and Self-Esteem issues around acquiring help services.
5. Risk of wrong medications.
If services begin to make a positive impact.
6. Process is slow, may be dependant on others.
7. Process is unclear.
8. Movement towards feeling better but never-ending.
9. Continue looking for resources to help.
10. Identity crisis.
11. Unsupported and have to really push to get better.

2.2 Proposed Business Process (To-Be)

1. Understand the life you are after.

2. Plan steps to move towards that goal.
3. Access to resources used by other programs. (JP, AA, Leadership ...etc)
4. Automate the process of giving reminders.
5. Provide an area for change and movement of goals.
6. Give access to help at all times.
7. Iterable process to follow and journal the movement towards a happier life.

3 Business Requirements

The requirements in this document are prioritized in the requirement attribute table as follows:

Value	Rating	Description
1	Critical	This requirement is critical to the success of the project. The project will not be possible without this requirement.
2	High	This requirement is high priority, but the project can be implemented at a bare minimum without this requirement.
3	Medium	This requirement is somewhat important, as it provides some value but the project can proceed without it.
4	Low	This is a low priority requirement, or a “nice to have” feature, if time and cost allow it.

5	Future	This requirement is out of scope for this project, and has been included here for a possible future release.
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3.1 Functional Requirements

https://technationcanada.ca/wp-content/uploads/2020/12/TN_CR_EmployerProgramGuide_W21.pdf

Setup

Deployment

Repo

CI/CD

Auth

Login

Profile Page

Homepage

Content Pages:

Forms Page

Summary Page

More Content page

Daily Design Page

After completion homepage.

Update/Edit Content Flow

Email Setup

Compliance

Testing

QA

3.2 Non-Functional Requirements

[Include technical and operational requirements that are not specific to a function.

This typically includes requirements such as processing time, concurrent users, availability, etc.]

ID	Requirement	Rationale
NFR-00 1	Main HomePage should ideally load in under 5 seconds.	According to Google , 53% of mobile site visitors leave a page that takes longer than three seconds to load—which increases your bounce rate and lowers your conversion rates.
NFR-00 2	Site data must be	

4 Appendices

4.1 List of Acronyms

[If needed, create a list of acronyms used throughout the BRD document to aid in comprehension.]

4.2 Glossary of Terms

[If needed, identify and define any terms that may be unfamiliar to readers, including terms that are unique to the organization, the technology to be employed, or the standards in use.]

4.3 Output