

Terms of Use

Last updated: July 13, 2026

These Terms of Use ("**Terms**") are a legal agreement between you and **True Design Method** ("**we**," "**us**," "**our**") governing your use of Discovery (TRUE AI), Planning (Roadmaps, including SMS check-ins), Alignment (TRUE Labs), and the Dashboard (together, the "**Service**").

By creating an account or using the Service, you agree to these Terms and to our Privacy Policy. If you don't agree, don't use the Service.

1. Eligibility

You must be at least **18 years old** (or the age of legal majority where you live, if higher) to use the Service. By using the Service, you confirm you meet this requirement.

2. Your account

You're responsible for maintaining the confidentiality of your login credentials and for all activity under your account. Tell us immediately at truedesignmethod@gmail.com if you suspect unauthorized use.

3. The Service is not professional advice

Discovery, Planning, and Alignment use AI (including Anthropic's Claude models and, for Planning research, web search) to generate personalized content — including your LifePrint narrative, life goals, Vision Arc, quarterly action plan, biweekly schedules, and milestone check-ins.

This content is AI-generated, may be inaccurate, incomplete, or outdated, and is provided for informational and self-reflection purposes only. It is not:

- Medical, mental health, psychological, or therapeutic advice or treatment;
- Financial, tax, legal, immigration, or professional career advice;
- A guarantee of any particular outcome, timeline, cost, program acceptance, employment result, or life change; or
- A crisis, emergency, or suicide-prevention service.

You are solely responsible for verifying any requirement, cost, deadline, program, or credential mentioned in your Roadmap before relying on it, and for decisions you make based on the Service. If you are experiencing a medical, mental health, or safety emergency, contact your local emergency number or dial **211** for Canada's crisis and community support line.

4. SMS / Planning terms

If you opt in to SMS check-ins through Planning:

- You consent to receive automated SMS messages from us at the phone number you provide, tied to your quarterly action plan.
- **Message and data rates may apply.** Message frequency varies based on your plan.

- Reply **STOP** at any time to opt out (we'll confirm by text); reply **HELP** for help. You can also opt out from your Planning page. Standard carrier terms apply, and carriers are not liable for delayed or undelivered messages. Messaging is carried out in accordance with Canada's Anti-Spam Legislation (CASL) and applicable CRTC rules.
- Automated distress screening may pause check-ins and send you a message with crisis resources (Canada's 211 crisis and community support line) if your reply suggests you may be in distress. This is an automated, best-effort safety measure — not a monitored or guaranteed crisis response service. See §3.

5. Acceptable use

You agree not to:

- Use the Service for any unlawful purpose, or to harass, abuse, or harm another person;
- Attempt to reverse-engineer, scrape, or extract the underlying prompts, models, methodology, or source code of the Service beyond what's incidentally visible through normal use;
- Interfere with or disrupt the Service, its APIs, or its underlying infrastructure;
- Misrepresent your identity or share your account with others; or
- Use the Service to generate content that is unlawful, infringing, or intended to harm yourself or others.

We may suspend or terminate your access for violating these Terms.

6. Intellectual property and copyright notice

6.1 Our content

The Service — including its software, design, text, graphics, the Discovery/Planning/Alignment names and logos, and all underlying methodology and prompt design — is owned by True Design Method or its licensors and is protected by copyright, trademark, and other intellectual property laws.

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Except for your own generated LifePrint and Roadmap content (see §6.2), you may not copy, modify, distribute, sell, or lease any part of the Service, or reverse-engineer or attempt to extract its source code, without our prior written permission.

6.2 Your content and outputs

You retain ownership of what you type into the Service (your answers, reflections, and any custom entries). You grant us a worldwide, non-exclusive, royalty-free license to use, host, store, reproduce, and process that content solely to operate, maintain, and improve the Service for you (e.g. generating and re-displaying your LifePrint and Roadmap, sending your check-ins).

Your generated LifePrint, Vision Arc, quarterly plan, and biweekly schedules are yours to use personally. Given the nature of AI-generated output, we make no representation that any part of it is unique to you or free of similarity to output generated for others, and we do not claim ownership over your personal use of your own results. Exported documents (PDF) are watermarked "TRUE Beta — Confidential" as a handling reminder for you (see §6.3) — that mark does not change who owns the document; it's a suggestion to treat your own personal plan discreetly if you choose to share it.

6.3 Confidential markings on exports

PDF exports of your LifePrint and Roadmap are watermarked "TRUE Beta — Confidential" as a reminder that these documents contain your personal reflections, goals, and (if applicable) location and financial details. The watermark does not impose any obligation on you — it's there to prompt thoughtful handling if you choose to share, print, or forward your own export.

7. Feedback

If you send us feedback, suggestions, ideas, or other input about the Service ("**Feedback**") — whether by email, in-app prompt, support conversation, or otherwise — you agree that:

- We may use, modify, and incorporate that Feedback into the Service, in any form, without restriction, attribution, or compensation to you;
- Any Feedback you provide is given voluntarily and is **not confidential** and does not create any confidentiality or fiduciary obligation on our part; and
- You will not send Feedback that discloses trade secrets or confidential information belonging to a third party.

This does not affect the confidentiality of your personal LifePrint/Roadmap content itself, which is handled under our Privacy Policy — this clause is specifically about ideas and suggestions you give us about the product.

8. Confidentiality

Your information. Your personal LifePrint, Roadmap, check-in, and account content is treated as confidential and handled in accordance with our Privacy Policy. We do not disclose it to other users or to third parties except as described there.

Our information. In using the Service, you may become aware of non-public information about how it works — including our prompts, methodology, unreleased features, or other materials we designate as confidential ("**Our Confidential Information**"). You agree to:

- Keep Our Confidential Information confidential and not disclose it to any third party;
- Use it only to the extent needed to use the Service as intended; and
- Not use it to build, train, or improve a competing product or service.

This confidentiality obligation survives termination of your account and continues for as long as the relevant information remains non-public.

9. Disclaimer of warranties

The Service is provided "as is" and "as available," without warranties of any kind, whether express, implied, or statutory, including warranties of merchantability, fitness for a particular purpose, non-infringement, or that the Service (including AI-generated content) will be accurate, reliable, uninterrupted, or error-free.

10. Limitation of liability

To the maximum extent permitted by the laws of Alberta and Canada, True Design Method and its officers, employees, and service providers will not be liable for any indirect, incidental, special, consequential, or punitive damages, or any loss of profits, data, or goodwill, arising from your use of (or inability to use) the Service, including reliance on AI-generated content, even if advised of the possibility of such damages. Our total liability for any claim arising out of these Terms or the Service will not exceed the amount you paid us in the 12 months

before the claim, or, since the Service is currently offered free of charge during the beta period, CAD \$100.

Nothing in these Terms limits or excludes our liability for death or personal injury caused by our negligence, for fraud or fraudulent misrepresentation, for gross negligence or wilful misconduct, or for any other liability that cannot be limited or excluded under the laws of Alberta or Canada.

11. Indemnification

You agree to indemnify and hold us harmless from any claims, losses, or expenses (including reasonable legal fees) arising from your violation of these Terms or misuse of the Service.

12. Termination

You may stop using the Service and delete your account at any time. We may suspend or terminate your access if you violate these Terms, or discontinue the Service (or any part of it) at our discretion, with notice where reasonably practicable.

13. Governing law and disputes

These Terms are governed by the laws of the Province of Alberta and the federal laws of Canada applicable therein, without regard to conflict-of-law principles. You and we each agree to submit to the exclusive jurisdiction of the courts located in Alberta, Canada to resolve any dispute arising from these Terms or the Service. Nothing in this section requires you to arbitrate a dispute; consistent with Alberta's consumer protection legislation, we do not require mandatory arbitration or a waiver of your right to bring a claim in court.

14. Changes to these Terms

We may update these Terms from time to time. We'll post the updated version here with a new "Last updated" date; continued use of the Service after changes take effect means you accept the updated Terms.

15. Contact us

True Design Method

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