

# Codex Workflows: Self-Written Goals and Instant App Context

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## Codex Workflows: Self-Written Goals and Instant App Context

*By Coding Agents Alpha Tracker • June 15, 2026*

Two practical Codex patterns stood out today: let the agent write its own `/goal`, and use app-shots to hand it the full context of whatever app you're in. Light news day, but both are immediately testable in a real dev workflow.

### TOP SIGNAL

- **The practical shift in today's Codex chatter: let the agent set more of its own task.** skirano says he "basically never" writes his own `/goal` anymore; he asks Codex to write one for itself and one for each agent it spawns. Tibo's framing is the timeless part: because Codex can see and set its own `/goal`, this turns meta-prompting into "give the agent your intent, then let it derive the task structure" [1, 2]

"Codex can see and set its own `/goal`. Everything we build, we build also as a tool for the agent. This is a generalization of meta-prompting, where you let the agent set its own task based on your intent." [2]

### TRY THIS

- **Let Codex author the `/goal`.** Replicable workflow from skirano:
  1. State the outcome you want.
  2. Ask Codex to write its own `/goal`.
  3. Ask it to write a `/goal` for each agent it spawns. This is the cleanest concrete example in today's sources of offloading task decomposition to the agent instead of hand-authoring it yourself [1, 2]
- **Use app-shots for in-place drafting.** Riley Brown's shortcut flow:
  1. Open the app you're already working in.

2. Press both Command keys at the same time.
  3. Give Codex a terse instruction like **“Finish this.”** Riley says this works with Notion and email because it gives Codex the context of what you’re doing immediately [3]
- **Combine the two when the hard part is context + decomposition.** First send the live app context to Codex with the Command-key shortcut; then have Codex turn that context into its own `/goal` and sub-agent goals. Today’s sources support each step directly, and together they form a useful pattern: context capture first, agent-defined execution second [3, 1, 2]

## WHAT SHIPPED

- **Codex app-shots is the concrete feature getting real practitioner praise today.** Riley Brown calls it “the most delightful feature” he’s used; the behavior is simple and specific: in any app, press both Command keys to send the current context to Codex immediately, then issue a tiny command. Demo [4, 3]

## GO DEEPER

- **skirano’s short demo of self-authored goals** — watch on X. Best quick example in today’s sources of asking Codex to write one `/goal` for itself and one for each agent it spawns [1]
- **Riley Brown’s app-shots demo + exact shortcut follow-up** — demo and follow-up. Watch this if you want the clearest picture of the interaction loop: capture the current app, then hand Codex a minimal instruction like “Finish this” [4, 3]

*Editorial take: today’s edge is tighter intent translation — capture the live context, then let the agent do more of the task-setting.* [3, 1, 2]

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## Sources

1. X post by @skirano
2. X post by @thsottiaux
3. X post by @rileybrown
4. X post by @rileybrown