

# 1. Problem Statement

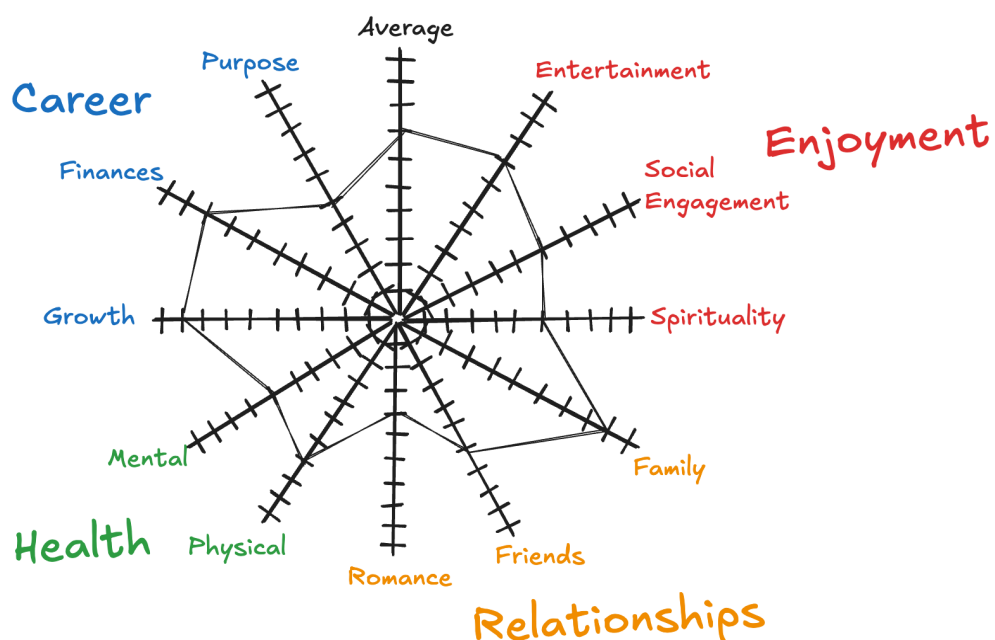
## What is the main functionality?

The application's main functionality is to enable users to evaluate important aspects of their life using the **Wheel of Life**, receive AI-generated suggestions and personalized feedback for improvements. The application allows users to track their evaluation over time, visualize trends, write reflective notes and input category ratings. Furthermore, AI will provide feedback and personalized suggestions.

The categories are:

- Career
  - Finances
  - Growth
  - Purpose
- Health
  - Mental
  - Physical
- Relationships
  - Family
  - Friends
  - Romance
- Enjoyment:
  - Spirituality
  - Social engagement
  - Entertainment

Example picture of Wheel of Life with the categories:



## Who are the intended users?

The application is designed for individuals who are interested in personal development, emotional wellness and self-reflection. This includes students, professionals or anyone aiming to improve and balance their life.

## How will you integrate GenAI meaningfully?

GenAI will be used to give the user feedback and suggestions on how to improve. By analyzing the data (rating of different aspects in one's life on a numerical scale and additional user notes) of the current week and also previous weeks, the AI can process the progress of the person and provide (mostly positive) feedback with suggestions for improvement.

Thereby, the user will see his life positively and have some ideas on what to work on to improve different aspects of one's life. Many people find it hard to share private details with other people. We hope that a private AI can help with the reflection part and guide users in a good direction.

## Describe some scenarios your app will function?




The User logs into the app by signing in with OAuth, and looks at results of the previous weeks.


The user adds a new report for the week and rates their satisfaction in the different life categories. They add a short reflective note in the end like "Feeling a bit lonely, haven't seen my friends for two weeks and feel a little overworked."

The AI processes their input and suggests:

*"Based on your report, you've been feeling a bit lonely and mentioned feeling a little overworked. Similar to previous weeks, your finances are stable, which is a great foundation and something you can feel proud of — it shows you've been handling your responsibilities well.*

*Here are a few small, positive steps you might try this week:*

-  *Send a short message to a friend you haven't talked to in a while, just to check in and see how they're doing.*
-  *Try to meet up with a friend this weekend, or look for an interesting event or even visit a local park to meet new people.*
-  *Add light exercise like a daily walk or some stretching — it's great for boosting both mood and energy.*

-  Take short breaks during your workday to help recharge and ease the sense of being overworked.

*You're already making progress, and these small steps can help things feel even better. Would you like more suggestions or have any other questions?"*

Afterwards, the user can chat with the AI and get more suggestions.

Over time, the user checks out his progress in certain areas and sees his improvement.