

Today

PROJECT TIME FRAME: 01/23/2023-03/01/2023

DELIVERABLES: WEBSITE PROTOTYPE

Today is an empowering online platform designed for daily journaling and cultivating a positive mindset. It offers thoughtful prompts and encourages the adoption of healthy habits in your daily life.

This secure digital sanctuary respects your privacy, ensuring your information isn't tracked for generic responses. With the freedom to access your journal from both web and mobile devices, it provides a safe space where you can express your thoughts and aspirations freely.



Text Style

SF PRO

Aa

Regular

Aa

Thin

Aa

Bold

Sf Pro Bold 20pt

Sf Pro Bold 15pt

Sf Pro Bold 10pt

Sf Pro Thin 20pt

Sf Pro Thin 15pt

Sf Pro Thin 10pt

Color Palette



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#B76E55



#89422A



#4E1A09



#FFEFD6



#F3D4A1



#B79155



#89652A



#4E3409



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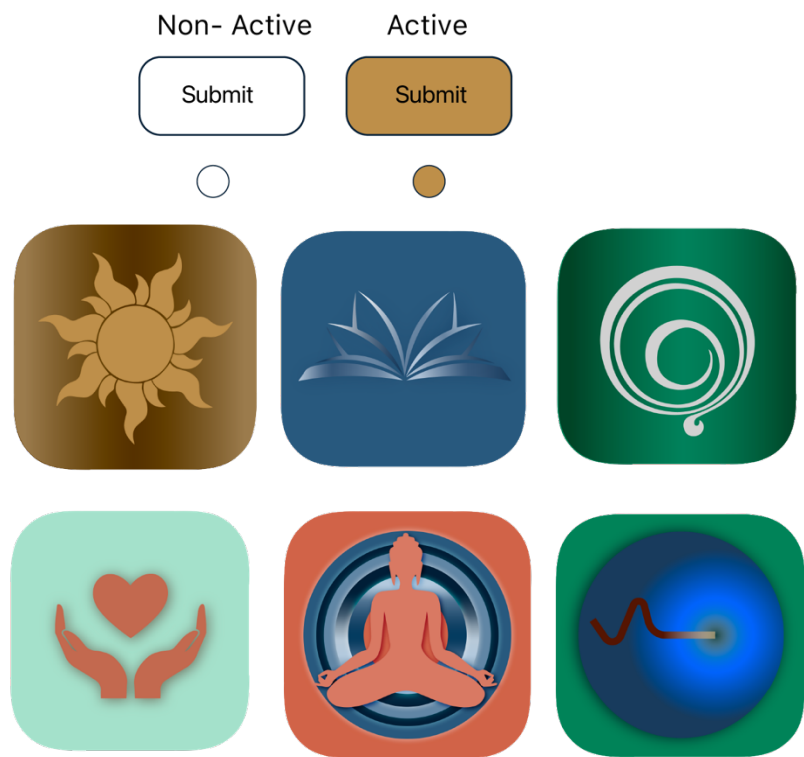
PRIMARY

Logo



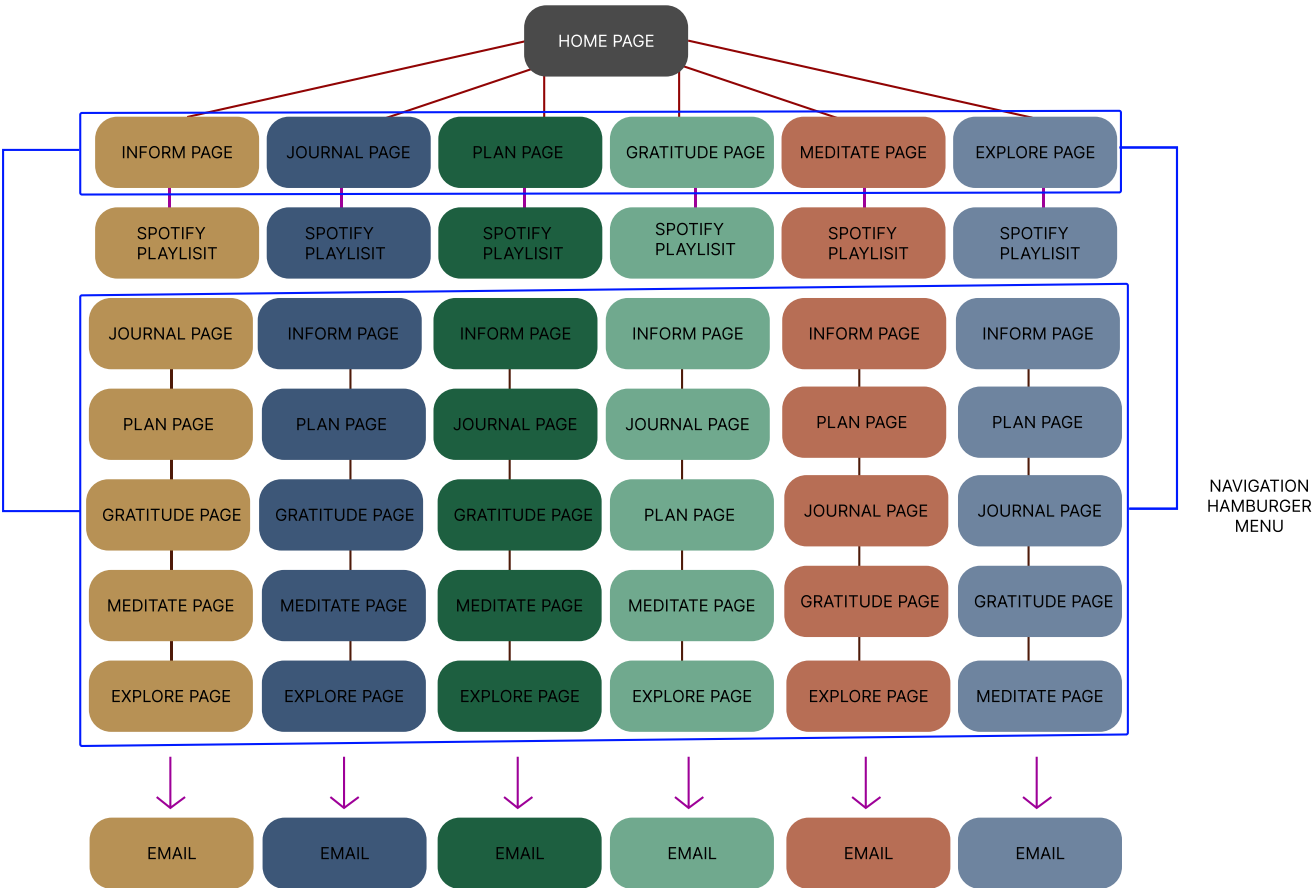
Featuring a cheerful smiley face, symbolizing the joy of journaling and the pursuit of happiness. Its familiarity instills trust in users, creating a welcoming environment as they embark on their journaling journey with a positive outlook.

Buttons

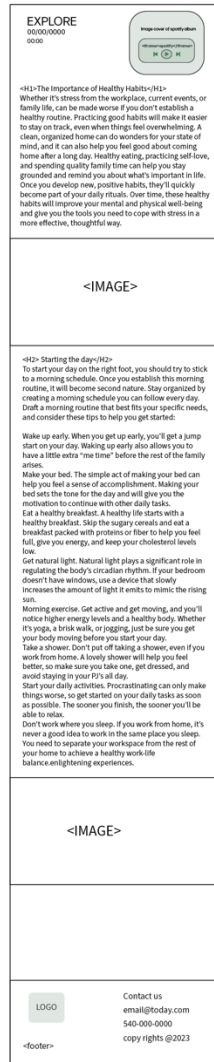
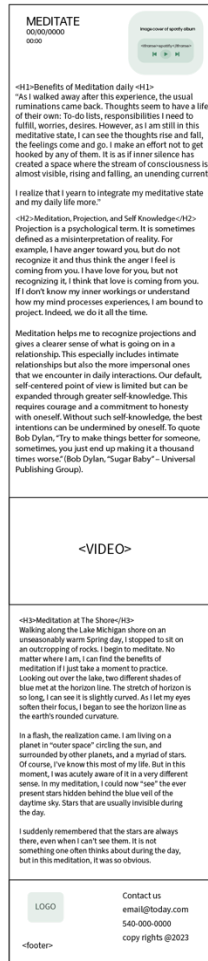
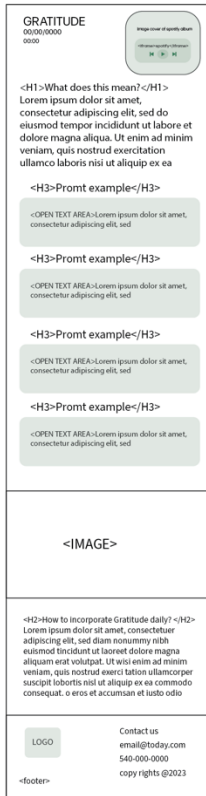
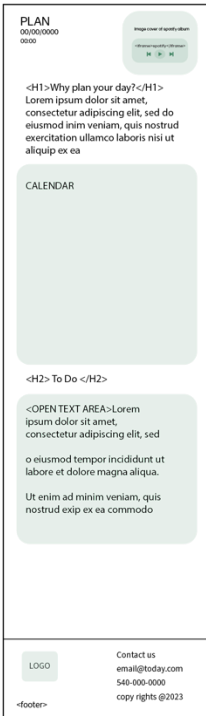
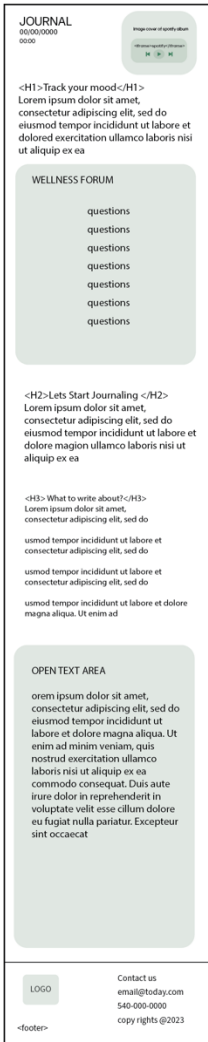
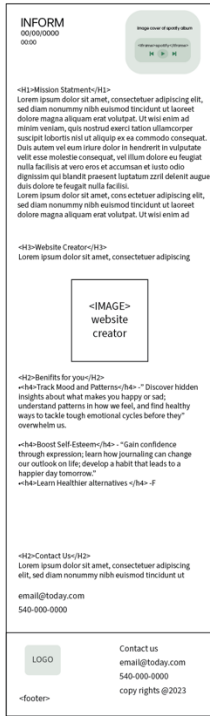
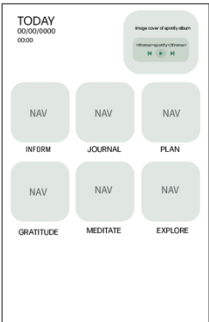


Each icon is custom designed to symbolize the action for each page. The design incorporates a subtle ombre gradient, enhancing the visual appeal with a futuristic and calming aesthetic, creating a seamless and visually pleasing user experience."

Site Map



Wire Frames



Resources:
<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4553&ContentTypeID=1>

https://www.yourlifeyourvoice.org/page/88-journal-topics.aspx?src=google_grant&subs=cp&gclid=Cj0KCQIAzi9eBhCIARsACB0GKswWZc50Jf3k86g-kyowL5i7wPYYUIUSpskdfZT6xMjmfnpdVgaAshIEALw_wcB

https://www.livecaregrants.org/news-blog/how-life-planning-can-benefit-you/gclid=Cj0KCQIAzi9eBhCIARsACB0GKswWZc50Jf3k86g-kyowL5i7wPYYUIUSpskdfZT6xMjmfnpdVgaAshIEALw_wcB

https://www.cafhglobal.com/practicing-gratitude-meditation/?gclid=Cj0KCQIAzi9eBhCIARsACB0GKswWZc50Jf3k86g-kyowL5i7wPYYUIUSpskdfZT6xMjmfnpdVgaAshIEALw_wcB

<https://www.helpguide.org/articles/mental-health/gratitude.htm>

Resources: meditate

https://www.cafhglobal.com/benefits-of-meditation/?gclid=Cj0KCQIAzi9eBhCIARsACB0GKswWZc50Jf3k86g-kyowL5i7wPYYUIUSpskdfZT6xMjmfnpdVgaAshIEALw_wcB

<https://www.youtube.com/watch?v=cEq2t8CaMp0>

Source:
<https://curtishealth.com/2020/11/healthy-habits-to-practice-at-home/>

What does this mean?

"Gratitude involves showing appreciation for the things in life that are meaningful or valuable to you. Taking a moment to notice and acknowledge the things you're grateful for each day can brighten your outlook, boost your mood, and help you feel more positive in the face of challenges." (Gratitude: The Benefits and How to Practice It.)

"While it's easy to feel a rush of joy after winning the lottery or receiving a big promotion at work, gratitude extends to the smaller blessings in life that are often overlooked or taken for granted. Even the smallest moments, such as a brief chat with a friend, a kind gesture from a stranger, a cool breeze on a hot day, or a peaceful stroll in nature, are things that you can be thankful for." (Gratitude: The Benefits and How to Practice It.)

"Whatever your circumstances in life, you may find that consistently showing gratitude can be surprisingly difficult. Many of us get caught up in a negativity bias, where we linger on bad news and unpleasant experiences, yet allow moments of positivity to fade into the background." (Gratitude: The Benefits and How to Practice It.)

"Maybe you spend so much time dreading work on Monday that you don't take time to fully appreciate the weekend. Or perhaps you're so focused on your own verbal slip-up at a party that you don't register a compliment from a friend. And if you have a mood disorder such as depression, being able to see any positives or express gratitude can seem impossible." (Gratitude: The Benefits and How to Practice It.)

"Fortunately, gratitude is like a muscle that you can build. With the right exercises and practice, you can find at least something small to appreciate in even the bleakest day. The idea of cultivating gratitude might sound cheesy, but research has shown that it can have very real benefits. With these tips, you can use gratitude to uplift your mood, find respite from negativity, foster stronger relationships, and even change the way you view yourself." (Gratitude: The Benefits and How to Practice It.)

"What were some pleasant sensations you experienced today?" (Gratitude: The Benefits and How to Practice It.)

"Were there moments that made you smile or laugh or boosted your mood?" (Gratitude: The Benefits and How to Practice It.)

"Who did you enjoy spending time with and why?" (Gratitude: The Benefits and How to Practice It.)

What do you love about yourself?

How to incorporate Gratitude daily?



Benefits of daily meditation

"As I walked away after this experience, the usual ruminations came back. Thoughts seem to have a life of their own. To-do lists, responsibilities I need to fulfill, worries, desires. However, as I am still in this meditative state, I can see the thoughts rise and fall, the feelings come and go. I make an effort not to get hooked by any of them. It is as if inner silence has created a space where the stream of consciousness is almost visible, rising and falling an unending current."

"I realize that I yearn to integrate my meditative state and my daily life more."

Please go to calmhub.com for more details.



Production

"Production is a psychological term. It is sometimes defined as a... representation of reality. For example, I have anger toward you, but do not express it and thus I find that anger is coming from you. I have love for you, but am not expressing it. I find that love is coming from you. If I don't know my inner workings or understand how my mind processes experiences, I am bound to project. Indeed, we do it all the time!"



Meditation

"Meditation helps me to recognize projections and gives a clearer sense of what's going on in a relationship. This especially includes intimate relationships but also the more impersonal ones that we encounter in daily interactions."



Self Knowledge

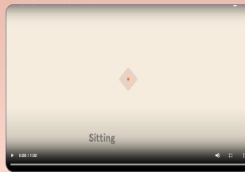
"Our default, self-centered point of view is limited but can be expanded through greater self-knowledge. This requires courage and a commitment to honesty with oneself. Without such self-knowledge, the best intentions can be undermined by oneself. To quote Bob Dylan, 'By to make things better for someone, sometimes you get up making it a thousand times worse' (Bob Dylan, 'Sage Kelly' - Universal Publishing Group)"

Meditation at the Shore

Walking along the Lake Michigan shore on an unseasonably warm Spring day, I stopped to sit on an outcropping of rocks. I began to meditate. No matter where I am, I can find the benefits of meditation if I just take a moment to practice. Looking out over the lake, two different shades of blue met at the horizon line. The stretch of horizon is so long, I can see it is slightly curved. As I let my eyes soften their focus, I began to see the horizon line as the earth's rounded curvature.

"In a flash, the realization came. I am living on a planet in 'outer space' circling the sun and surrounded by other planets, and a myriad of stars. Of course, I've known this most of my life. But in this moment, I was acutely aware of it in a very different sense. In my meditation, I could now 'see' the ever present stars hidden behind the blue veil of the daytime sky. Stars that are usually invisible during the day."

"I suddenly remembered that the stars are always there, even when I can't see them. It is not something one often thinks about during the day, but in this meditation, it was so obvious."



Explore a new mindset

"Can I understand better how I am affecting others and the world around me? Those others include my intimate companions, those with whom I live and work, and the many who I don't really know."

Why is planning important?

"What's your five-year plan? What about ten years from now? Twenty? Making plans is all very good and fine, but experience tells us that planning can only do so much. So what is the advantage of life planning, or end-of-life planning, as it is more often termed? For one thing, you can't plan the end of your life if it has already ended. It is also difficult to plan the end of your life while it's happening. Still, statistics show that only 20-30 percent of Americans put their healthcare wishes into writing. The time for end-of-life planning is now so that when that time does come, you and your family members will be prepared financially and otherwise to deal with everything." (How Life Planning Can Benefit You.)

Resource: "How Life Planning Can Benefit You," LIVE CARE GRANTS, <https://www.livecaregrants.org/news-blog/how-life-planning-can-benefit-you/>
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y2oKQ73ofZUHTwR014QaAb_EALu_wcB

MARCH

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