

Welcome, glad you are here!

We'll help you feel better and flourish. First, let's dive into your past. It helps us tailor your wellbeing plan.

Continue





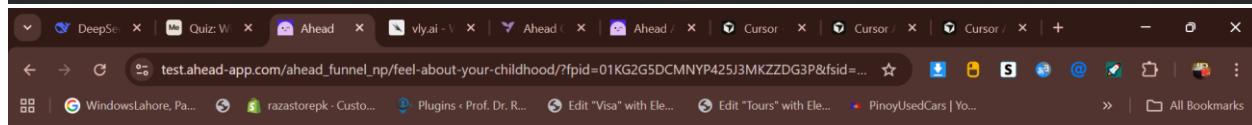
ahead

Choose areas you'd want to focus on first

No worries, you'll still get to learn about everything

Emotions	Motivation	Stress relief
Habits	Confidence	Mindset
Self-care	Trauma healing	Empathy
Relationships	Inner peace	Self-growth

Continue



ahead

How do you feel about your childhood?

😊 Mostly positive
😢 Mostly negative
😳 Mixed feelings
🙄 Hard to remember

Air: Very Poor Now



DeepSe Quiz: W Ahead vly.ai - Ahead / Ahead / Cursor / Cursor / Cursor / +

All Bookmarks

ahead

How would you describe your parents growing up?

- Supportive & loving
- Strict & demanding & loving
- Emotionally distant
- Abusive & harmful
- I grew up without parents

Air: Very Poor Now

Search

8:30 PM 1/28/2026

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ahead



Your childhood impacts your here and now

Our early experiences affect how we feel and react as adults. The better you understand your patterns, the better you can find peace of mind.

Continue

Air: Very Poor Now

Search

8:30 PM 1/28/2026

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test.ahead-app.com/ahead_funnel_np/express-your-feelings/?fpid=01KG2G5DCMNYP425J3MKZZDG3P&fsid=...

ahead

Did your parents encourage you to express your feelings?

You learned to hide your feelings
When parents shut down emotions, you learn to bottle them up. We'll help you discover how to feel safe expressing yourself again.

Absolutely not Absolutely yes

Continue

Air: Very Poor Now

Search

8:30 PM 1/28/2026

test.ahead-app.com/ahead_funnel_np/have-you-faced/?fpid=01KG2G5DCMNYP425J3MKZZDG3P&fsid=01KG...

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ahead

Have you faced any of these negative effects of trauma?

Choose all that apply

Low self-esteem

Procrastination

Overthinking

Trouble focusing

Anxiety

Feeling exhausted

Poor sleep

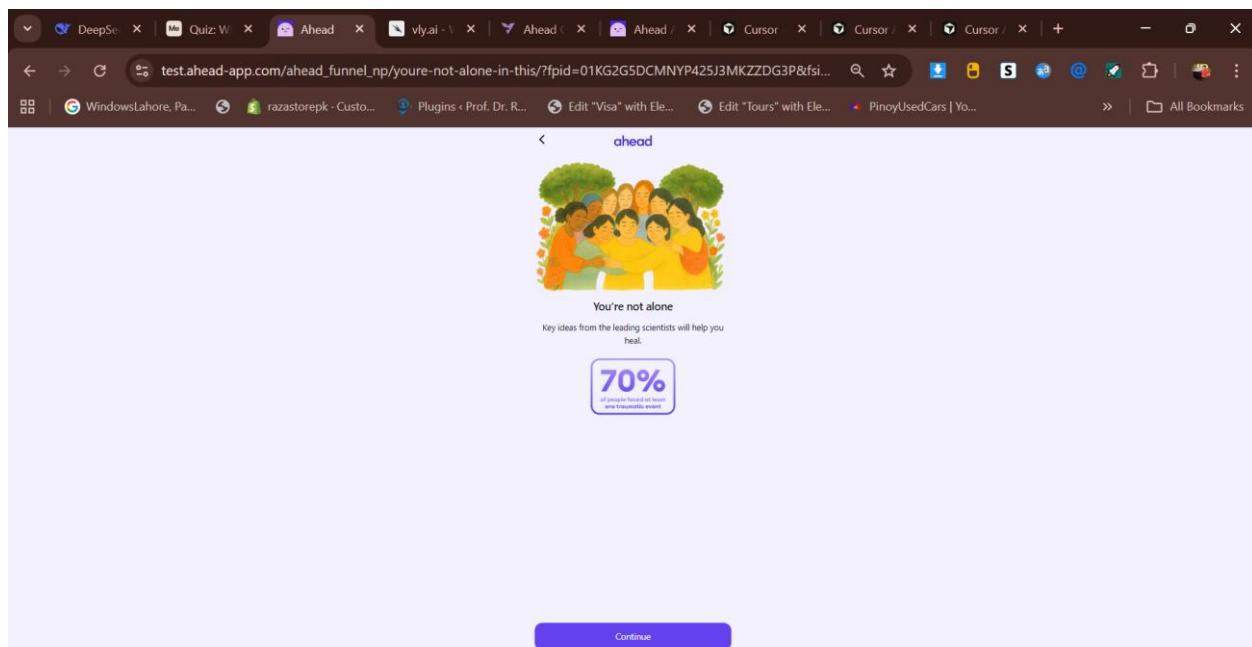
None of the above

Continue

Air: Very Poor Now

Search

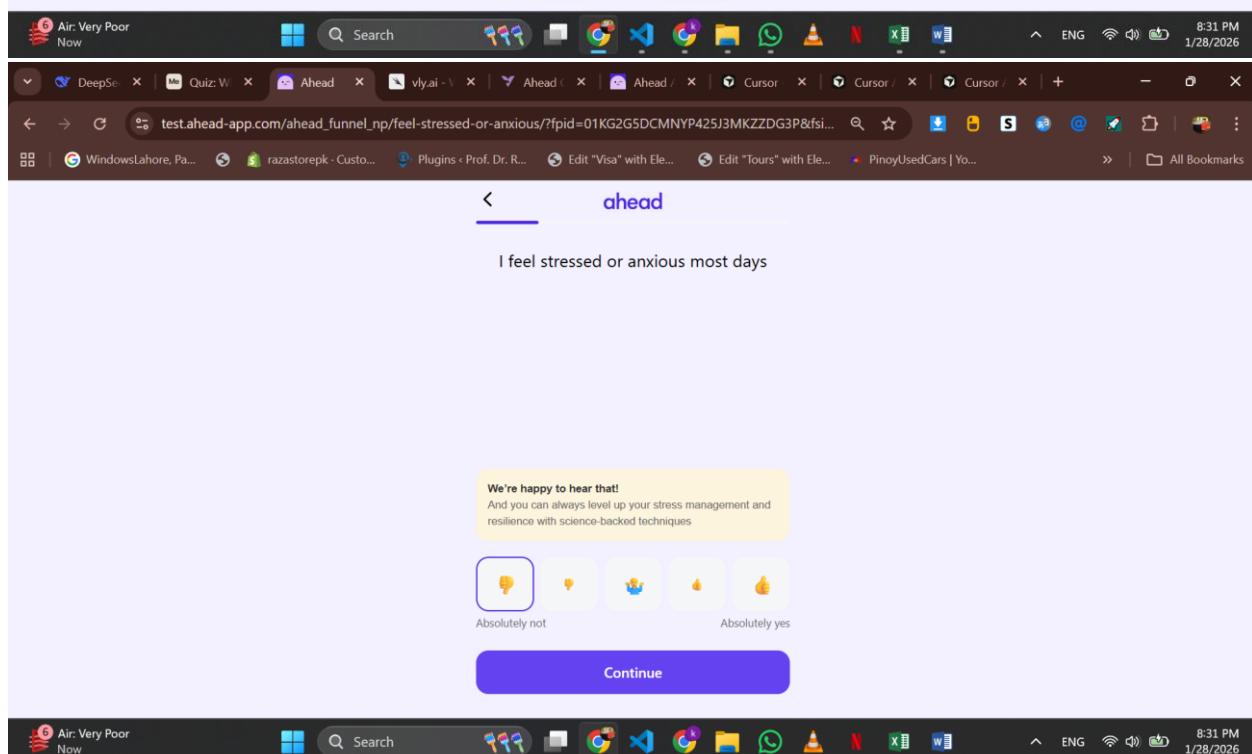
8:31 PM 1/28/2026



You're not alone
Key ideas from the leading scientists will help you heal.

70%
of people found at least one therapeutic benefit

Continue



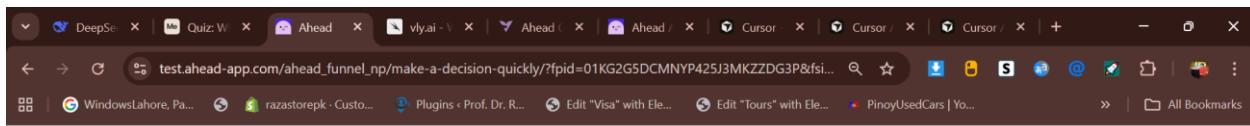
I feel stressed or anxious most days

We're happy to hear that!
And you can always level up your stress management and resilience with science-backed techniques

Absolutely not Absolutely yes

Continue





A screenshot of a web browser window titled "ahead". The URL is test.ahead-app.com/ahead_funnel_np/your-mental-plan/?pid=01KG2G5DCMNYP425J3MKZZDG3P&fsid=01K...". The page features a colorful illustration of a person sitting on a checkered blanket in a garden, surrounded by flowers and plants. Below the illustration, the text reads: "Your mental well-being plan is 72% ready!". A smaller text below says: "Let's make it truly yours. Answer a few more questions so we can better understand you and provide personalized advice." At the bottom is a large purple button with the word "Continue".

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ahead

Do you get distracted easily?

Absolutely not Absolutely yes



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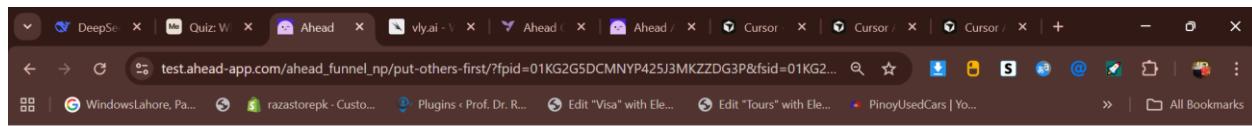


Hats off to you!

A good attention span is a true superpower in our fast-paced world. So, we'll share advanced tips on how to always keep your focus this strong.

Continue

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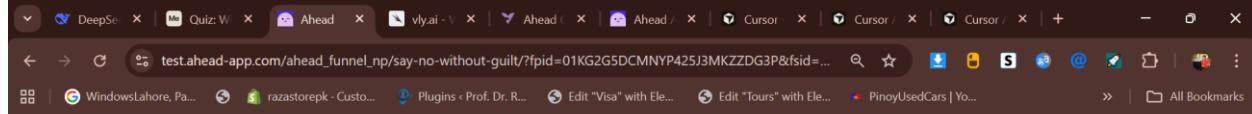


Do you often put others first?

Strong boundaries are valuable
Prioritizing yourself isn't selfish, it's necessary. Your mental well-being plan will.

Absolutely not Absolutely yes

Continue



ahead

Is it easy for you to say no without guilt?

Absolutely not Absolutely yes





Saying no can feel uncomfortable

Yet, it's a vital skill for your wellbeing. You'll learn actionable strategies to protect your boundaries without guilt.

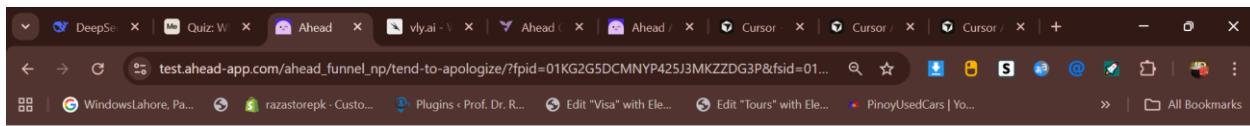
[Continue](#)

Do you often let people cross your boundaries?

That's amazing!
Setting clear boundaries is crucial for your well-being. We'll help you sharpen this skill with expert advice on assertiveness.

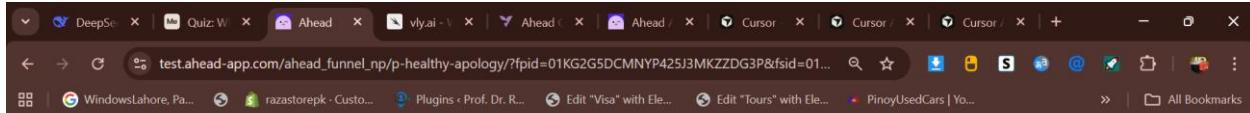
Absolutely not Absolutely yes

[Continue](#)



◀ ahead

I tend to apologize even when it's not
my fault



◀ ahead



Healthy apology patterns show strong
boundaries

You know exactly when to apologize and when to stand firm. Your plan will help you master even more advanced boundary skills and emotional intelligence.

Continue



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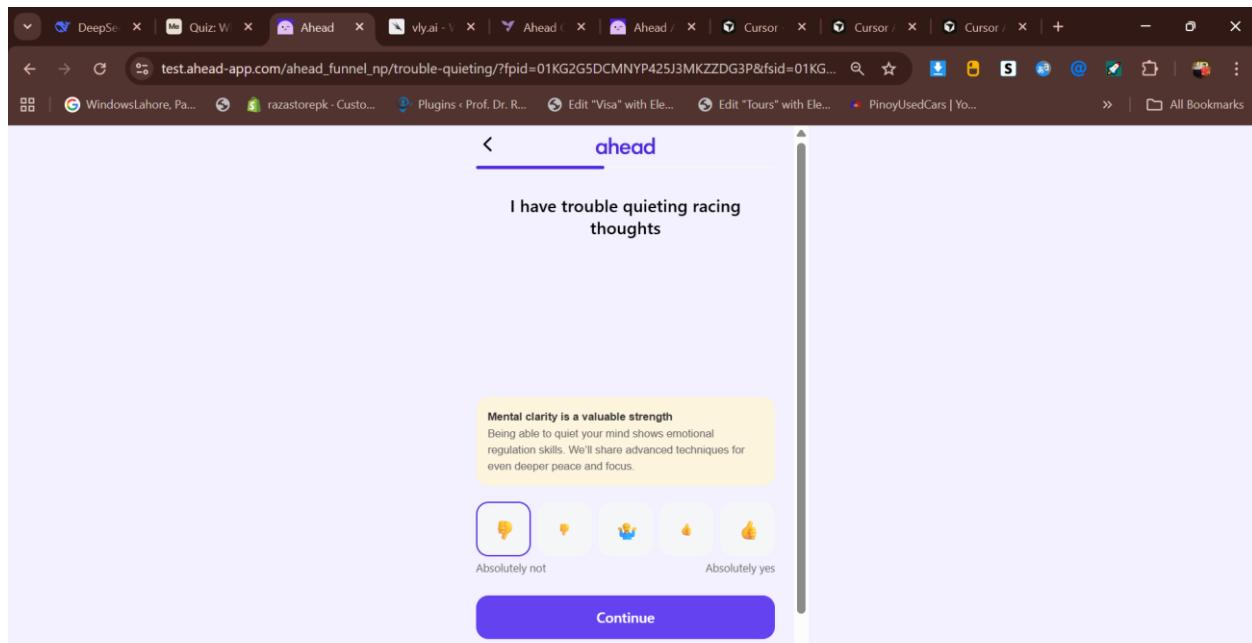
ahead

I have trouble quieting racing thoughts

Mental clarity is a valuable strength
Being able to quiet your mind shows emotional regulation skills. We'll share advanced techniques for even deeper peace and focus.

Absolutely not Absolutely yes

Continue



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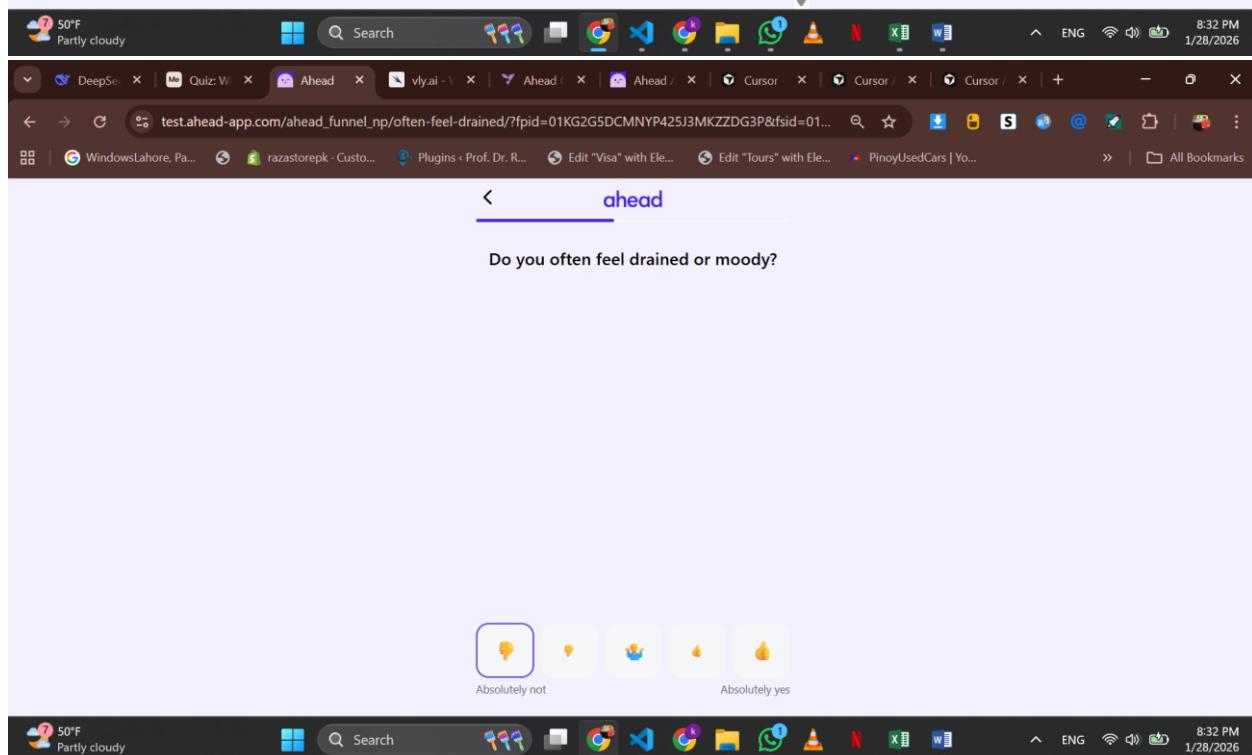
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ahead

Do you often feel drained or moody?

Absolutely not Absolutely yes



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ahead

What drains your energy most?

- Work overload
- Difficult relationships
- Family responsibilities
- Health issues
- None of the above

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ahead



Your mental well-being plan is now **94%** ready!

We'll guide you to a calmer and more grounded you. Just a few more questions, and you'll get a fully personalized plan.

Continue

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test.ahead-app.com/ahead_funnel_np/make-a-mistake/?fpid=01KG2G5DCMNYP425J3MKZZDG3P&fsid=01KG...

ahead

When you make a mistake, your inner voice says...

We all react like this sometimes
That critical voice often comes from past experiences.
You'll discover gentle techniques to develop a kinder inner dialogue.

You always mess up

Let's learn from that

Continue

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All Bookmarks

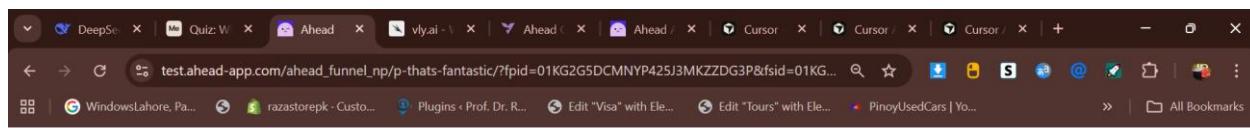
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ahead

I've lost interest in things I used to enjoy

Absolutely not Absolutely yes



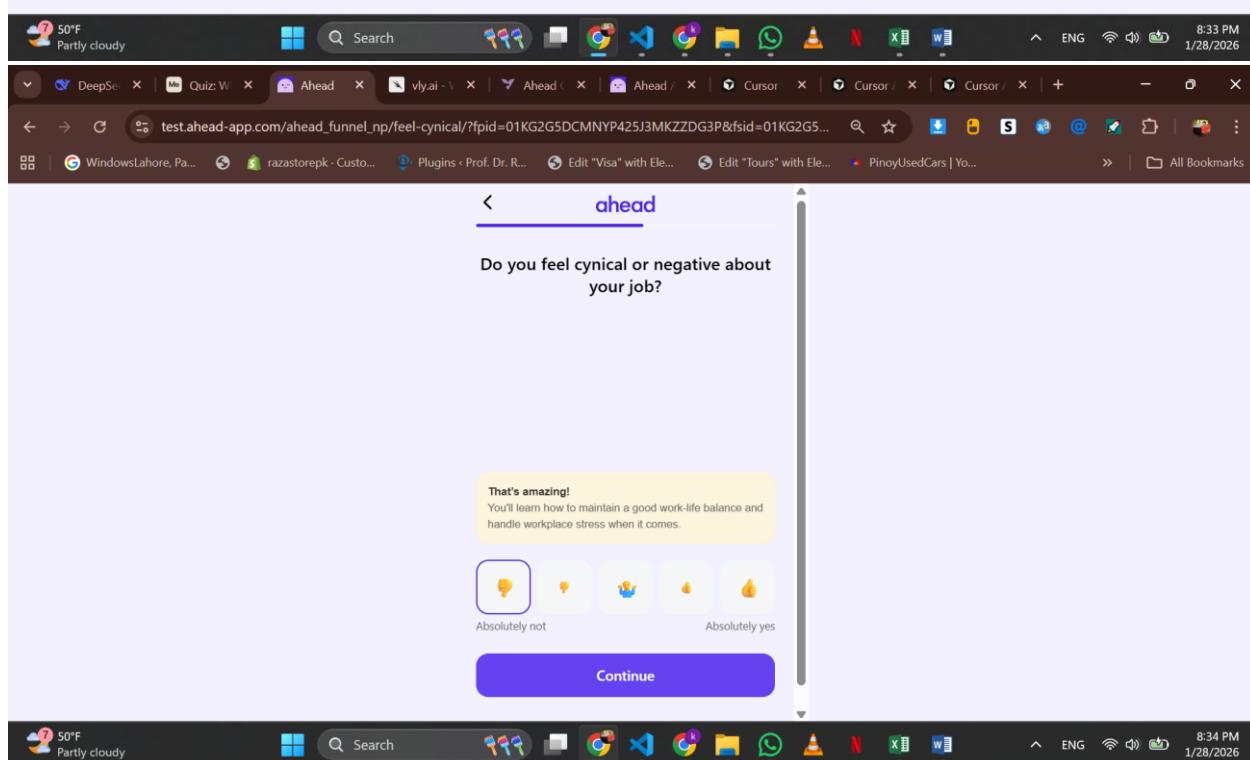
ahead



That's fantastic!

Enjoying the things you love is vital for your health.
Your mental well-being plan will help you keep this
spark alive.

Continue



Continue

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Search

File Explorer Google Chrome Microsoft Edge WhatsApp VLC Media Player Netflix Microsoft Word Microsoft Excel Microsoft Powerpoint Microsoft OneDrive Microsoft Teams Microsoft Word Microsoft Excel Microsoft Powerpoint Microsoft OneDrive Microsoft Teams

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ahead

Do you often worry you're not good enough?

Absolutely not Absolutely yes

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ahead



We admire your confidence!

Self-worth is paramount when it comes to being successful. And we'll help you boost it to new heights.

Continue

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test.ahead-app.com/ahead_funnel_np/habits/?fpid=01KG2G5DCMNYP425J3MKZZDG3P&fsid=01KG2G5DCM...

ahead

Are there any habits you'd like to quit?

Choose all that apply

- Procrastination
- Doomscrolling
- Self-doubt
- Drinking alcohol
- Eating junk food
- Binge watching
- Going to bed late

Continue

test.ahead-app.com/ahead_funnel_np/hear-about-us/?fpid=01KG2G5DCMNYP425J3MKZZDG3P&fsid=01KG2...

ahead

Was Ahead recommended to you by an expert (psychologist, therapist, MD)?

Yes

No

A screenshot of a web browser window. The address bar shows the URL: test.ahead-app.com/ahead_funnel_np/well-being-plan/?fpid=01KG2G5DCMNP425J3MKZZDG3P&fsid=01KG... . The browser has multiple tabs open, including 'DeepSe...', 'Quiz W...', 'Ahead', 'vly.ai -', 'Ahead', 'Ahead /', 'Cursor', 'Cursor /', 'Cursor /', and '+'. The main content area features a logo with the word 'ahead' and a colorful illustration of a person cooking or preparing food on a table with various ingredients and utensils. Below the illustration, the text reads: 'Your mental well-being plan is built on expert guidance'. A subtext below states: 'Discover science-backed strategies that helped millions feel better. Just a few more preferences to perfect your plan.' At the bottom of the page is a purple 'Continue' button.

< ahead



Your mental well-being plan is built on expert guidance

Discover science-backed strategies that helped millions feel better. Just a few more preferences to perfect your plan.

Continue

A screenshot of a web browser window, identical to the one above but with a different URL: test.ahead-app.com/ahead_funnel_np/want-to-achieve/?fpid=01KG2G5DCMNP425J3MKZZDG3P&fsid=01KG... . The browser interface is the same, with the 'ahead' logo and cooking illustration at the top. The main content asks: 'What do you want to achieve with your well-being plan? Choose all that apply.' It lists several goals with checkboxes: 'Reduce stress and anxiety' (checked), 'Get more confident' (checked), 'Increase productivity' (checked), 'Improve my relationships', 'Have more energy', 'Feel better in my body', 'Lose weight', 'Improve sleep quality', and 'Heal childhood trauma'. At the bottom is a purple 'Continue' button.

< ahead

What do you want to achieve with your well-being plan?

Choose all that apply

- Reduce stress and anxiety
- Get more confident
- Increase productivity
- Improve my relationships
- Have more energy
- Feel better in my body
- Lose weight
- Improve sleep quality
- Heal childhood trauma

Continue

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Search

Plugins < Prof. Dr. R...

Edit "Visa" with Ele...

Edit "Tours" with Ele...

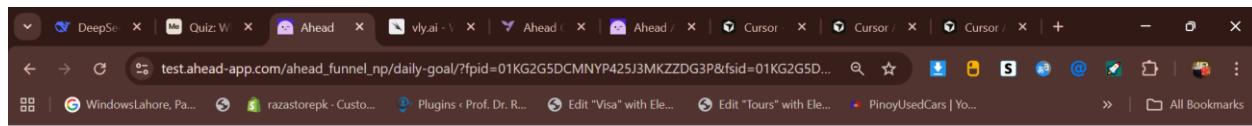
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ENG

8:35 PM

1/28/2026



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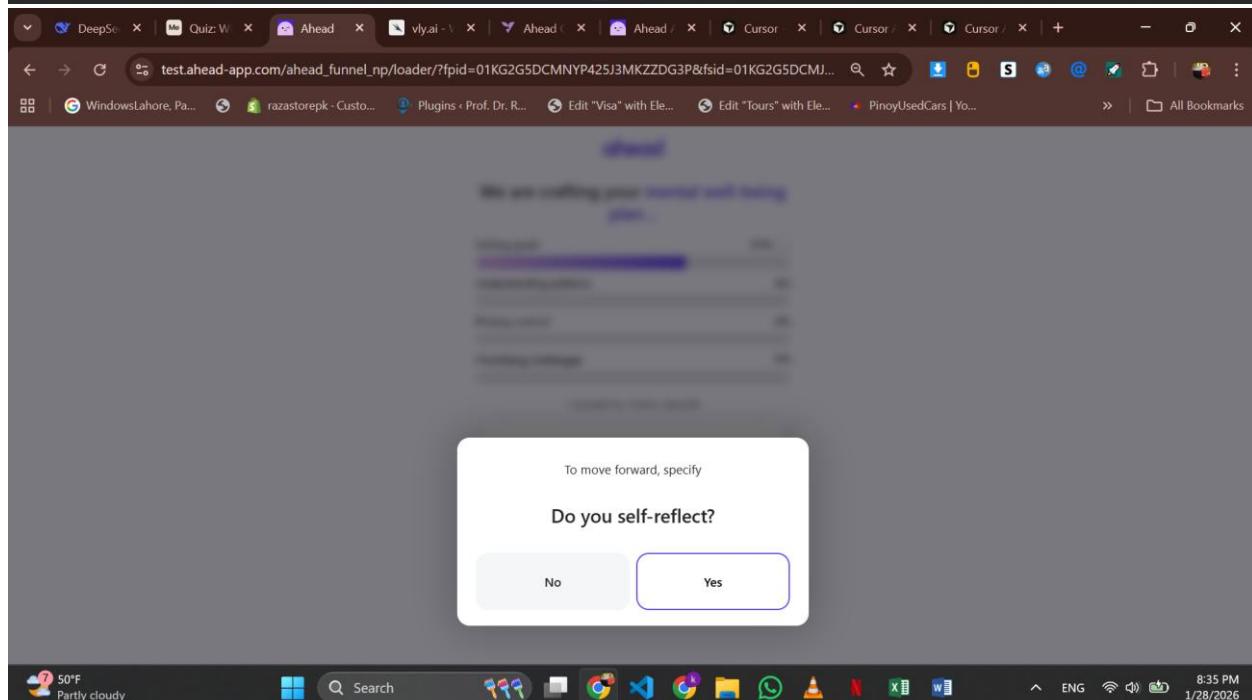
Choose your daily goal for working on
your wellbeing

Easy 5 min/day

Common 10 min/day

Serious 15 min/day

Intensive 20+ min/day



To move forward, specify

Do you self-reflect?

No

Yes



The screenshot shows a web browser window with multiple tabs open. The active tab displays a landing page for 'ahead' with the title 'We are crafting your mental well-being plan...'. Below the title is a progress bar with four items: 'Setting goals' (100%), 'Understanding patterns' (100%), 'Picking content' (100%), and 'Prioritizing challenges' (45%). A message below the progress bar states 'Enjoyed by 50M+ people'. A testimonial from 'DubbaV' is shown, reading: '★★★★★ Honestly, the reflection tool on this app has truly been life-changing for me. It has helped me be better at recognizing my own feelings.' The browser's toolbar includes icons for search, refresh, and various extensions.

The screenshot shows a web browser window with multiple tabs open. The active tab displays a sign-up form titled 'Start your well-being journey'. It asks for an email address to create a personal account, with the placeholder 'alirazadeveloper75@gmail.com'. A note below the input field states: '*Your email is used to store your plan'. A large purple 'Continue' button is centered at the bottom of the form. The browser's toolbar includes icons for search, refresh, and various extensions. The system tray at the bottom shows the date and time as 1/28/2026 and 8:35 PM, and the weather as 50°F Partly cloudy.

DeepSe Quiz W Ahead vly.ai - Ahead Cursor Cursor / Cursor / +

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ahead

Your mental well-being plan is ready

Your peace of mind

With your plan

Now

Jan 28 Feb 28

Continue

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ahead

Become the person you want to be

Based on your answers, we crafted a personalized mental well-being plan

Anxiety feeling stuck

Inner peace with 5 min/day

Continue

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8:54

Choose your plan

1 month Save 51% \$0.65 per day
\$39.99 \$19.60 1:33

★ Most Popular

3 month Save 60% \$0.36 per day
\$79.99 \$31.99 0:89

12 month Save 51% \$0.16 per day
\$119.99 \$58.80 0:33

Continue with Google Pay

Or

Continue with other methods

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