**Lifetime Thought Tracker App**

Summary:

Lifetime Thought Tracker is a web application designed to help users organize and track their thoughts, ideas, and inspirations throughout their lifetime. The app provides a user-friendly interface for users to record and manage their ideas, categorize them with tags, and easily search and retrieve them when needed. With the ability to add timestamps, users can track the creation and modification dates of their thoughts, allowing them to monitor their thought process over time.

**Use Case Scenario:**

John, a writer and researcher, wants to keep track of his ideas and inspirations for his upcoming book project. He uses the Lifetime Thought Tracker app to organize his thoughts and easily access them whenever needed.

Creation of Ideas:

John logs into the Lifetime Thought Tracker app and navigates to the "Add/Edit Idea" page.

He enters a summary of his idea, assigns primary and secondary tags, adds a relevant link, and includes any relevant quotes or media.

John submits the idea, and it gets saved in the app's database along with the current timestamp for creation and modification.

Idea Management and Exploration:

John visits the "Homepage" of the app to view a summary of all his ideas.

He uses the search box to find specific ideas related to his book's topic.

John clicks on an idea to expand it and view detailed information, such as tags, associated links, quotes, and media.

He explores related ideas by clicking on the tags to see other ideas with similar themes.

Tracking Thought Evolution:

Over time, John continues to add, edit, and delete ideas as his book project progresses.

He regularly checks the "Data" page to review and manage his ideas, applying filters based on keywords or tags to narrow down the displayed ideas.

John analyzes the timestamps of his ideas to track the evolution of his thoughts, identifying patterns or changes in his thinking process.

Visualizing Ideas:

John utilizes the data visualization features of the app to gain insights into his ideas and their relationships.

He explores visualizations that display clusters of ideas based on common tags or visualizes the frequency of ideas over time.

The Lifetime Thought Tracker app serves as a valuable tool for John, providing a centralized platform to capture, manage, and reflect on his ideas throughout his book project. With the app's features and intuitive interface, John can stay organized and gain valuable insights into his thought process, enhancing his creativity and productivity.

**Example Thoughts**

Topic: Artificial Sweeteners Over Sugar

Summary: The WHO's new guidelines reveal non-sugar sweeteners don't aid long-term weight management and might have potential risks. This contradicts the common perception that swapping sugar for non-sugar sweeteners is a healthier choice.

Primary Tags: Health, Nutrition, WHO, Guidelines

Secondary Tags: Weight Control, Non-sugar sweeteners, Sugar, Dietary Advice

Link: <https://www.abc.net.au/news/2023-05-21/the-who-non-sugar-sweeteners-weight-loss-guidelines/102351010>

Quotes: "Non-sugar sweeteners are often marketed as a low kilojoule or natural alternative to sugar. And they are often paired with terms like "diet" or "sugar-free". This makes us think they're healthy, but it's all marketing."

Notes: The World Health Organization (WHO) has issued new guidelines stating that non-sugar sweeteners do not help with weight control in the long term and may have potential adverse effects with long-term use. This contradicts the common perception that swapping sugar for non-sugar sweeteners is a healthier choice. Non-sugar sweeteners are often found in processed foods, which tend to be higher in energy and lack nutritional value. The WHO advises reducing the intake of free sugars (sugars added to foods) and suggests that the best advice for a healthy diet will come from a professional dietitian.

Media: <https://www.who.int/news/item/15-05-2023-who-advises-not-to-use-non-sugar-sweeteners-for-weight-control-in-newly-released-guideline>

Topic: Trust in relationships.

Summary: Trust is an absolute definitional void, it is a concept swimming in vagueness. Trust is a psychological state in which you express the willingness to be vulnerable based on positive experiences with others.

Quotes: Adam Philips, “risk masquerading as a promise.” “Trust is a word we often put too much trust in” Rachel Botsman “trust is a confident engagement with the unknown” “trust is a leap of faith” “transparency doesn’t always lead to trust, sometime transparency leads to surveillance which is the opposite of trust. Trust is what you live with what you don’t known, if you always have to known your not trusting.”

Primary Tags: Relationships, Psychology, Trust

Secondary Tags: Risk Taking, Vulnerability, Transparency, Surveillance, Faith

Link: <https://open.spotify.com/episode/4KVm45tvyrFuiOKOFplfBl?si=dCaUz4TcQz-B-GyUK2rk7A>

Media: esther perel how’s work

**Summary Page**

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