



**Your journey to mental clarity starts here!**

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# The Problem

- **Journaling is not interactive**



- **Thoughts are abstract, hard to visualize**

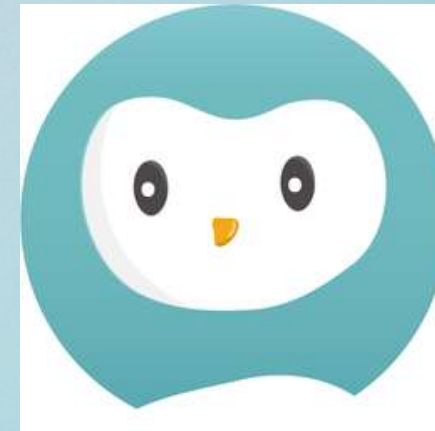
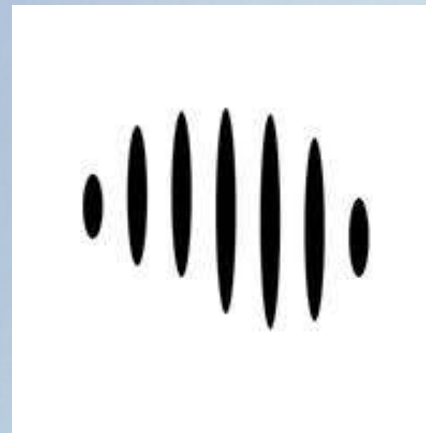


- **Tracking recurring thought frequency is hard**



# Competitors

- **MindSera**
- **RoseBud**
- **Wysa**
- **Calm**
- **Headspace**



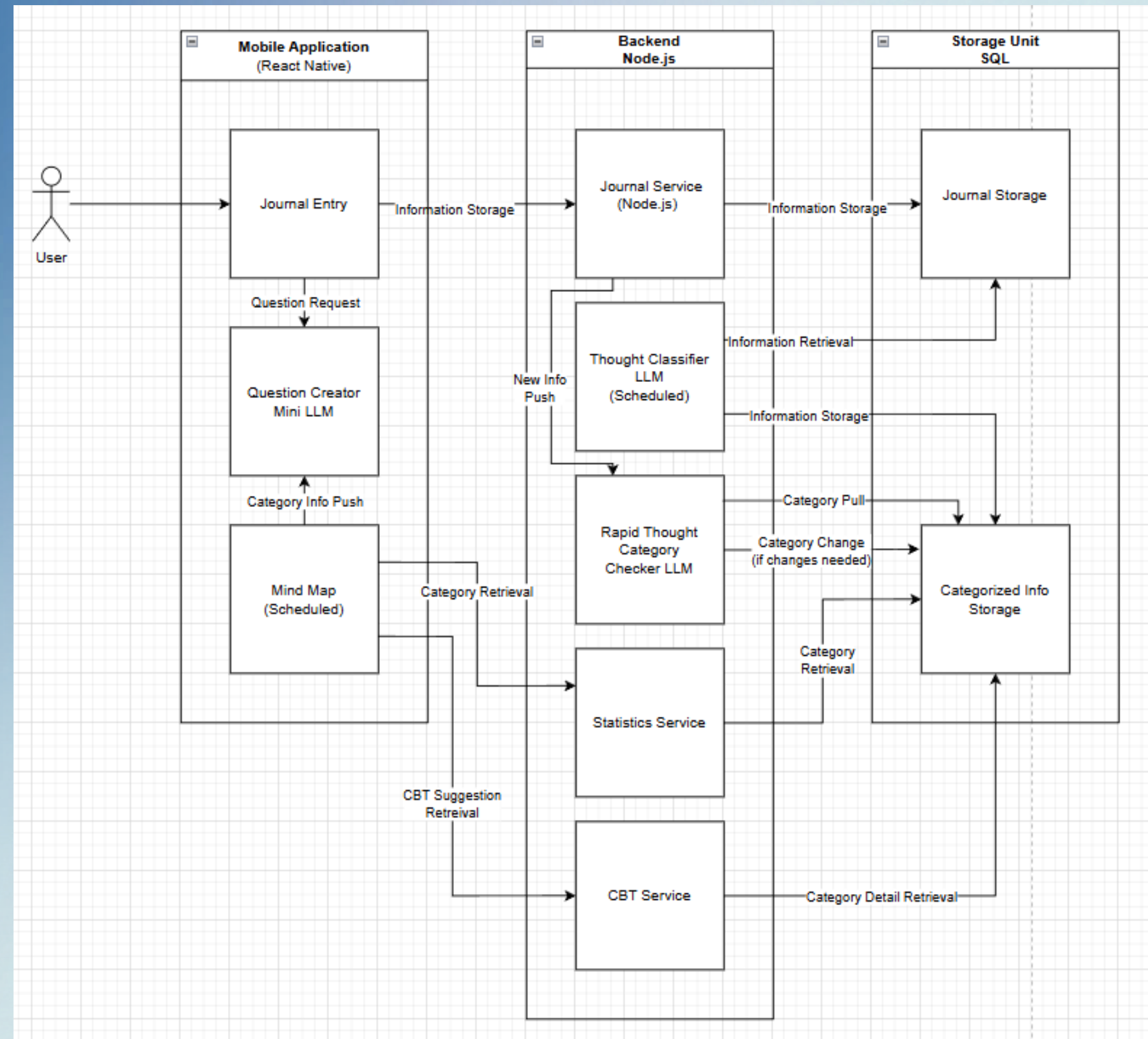
**Common: Interactive journaling, Emotion labeling, CBT...**

# Our Innovation

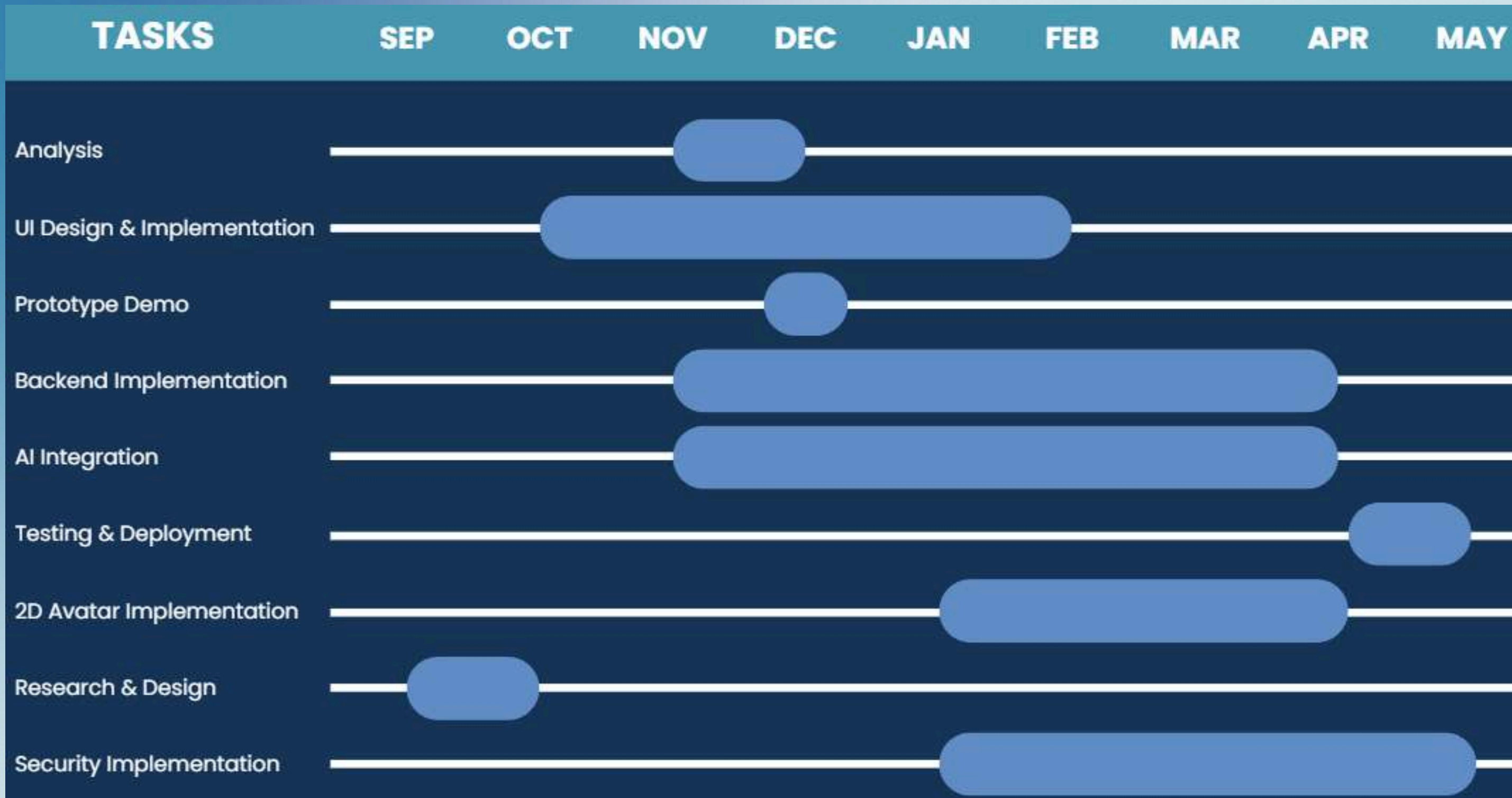
- **Categorization of thoughts**
- **Track frequency of categories**
- **Visualize top recurring categories on our MindMap**



# System Architecture



# Project Status



**Thank You For Listening**