

## Introduction:

My project focuses on the development of a comprehensive journaling web app that integrates several key features to assist users in goal setting, self-reflection, and personal development. The app will include goal tracking, habit tracking, and daily journaling, providing users with tools for consistent and meaningful self-reflection.

Additionally, the application will support user authentication with sign-up and log-in, ensuring secure and personalized storage of user-generated content, including goals, habits, and journal entries.

## Target User Group:

The target user audience includes people who want to focus on their personal goals, reflect on their progress, track their habits, and gain insights into emotional and mental well-being in one single holistic space for self-reflection and growth.

## Benefits for users

This application offers users a pre-defined yet flexible platform to organize and document their thoughts, goals, and progress in one centralized place. Users may use this space to document memories, achievements, and challenges by combining journaling, goal tracking, and self-assessment tools. The app empowers users to take control of their lives, track their achievements, and gain a deeper understanding of their personal growth.

## Technical Components

**Frontend:** The user interface will be built using HTML, and CSS for the structure and style, and JavaScript for the interactivity. The code will be written in Visual Studio Code API. Classic JavaScript will be used to deepen understanding of native JavaScript concepts such as the DOM and event handling, while Tailwind will be used for the styling. The frontend is responsive and optimized for both desktop and mobile devices.

**Backend:** The server-side logic will be implemented using PHP to facilitate communication with the database. The app uses MySQL (via XAMPP) to streamline development, ensure local compatibility, and maintain ease of deployment.

## High-level architecture diagram

