WinJar

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What is WinJar?

WinJar is a warm, journaling-based web app that helps users celebrate small wins and boost their motivation.

It focuses on capturing daily moments of progress (even tiny ones) so users can build consistency, confidence, and emotional momentum.

My goal is to make journaling feel easy, positive, and personal.

Key ideas:

→ Micro-journaling in under 10 seconds

→ Optional elaboration for deeper reflection

→ Mood-based prompts and adaptive reinforcement

→ A calming, aesthetic interface inspired by a journal/page

Problem Statement

Motivation

Many students and professionals struggle to stay motivated because they measure success only by big milestones.

Progress

When progress feels small or invisible, it's easy to lose momentum.

RIGIDNESS

Traditional habit apps focus on discipline and checklists, not emotional encouragement.

Perfectionism

People deserve a space that celebrates effort and consistency rather than perfect outcomes.

Objectives & scope

MY PROJECT ASPIRATIONS	Scope
1. Build a journaling experience that lets users log wins quickly and naturally. 2. Provide space for reflection through optional elaboration. 3. Use lightweight AI to deliver mood-based prompts and positive reinforcement. 4. Present an aesthetic, calming UI that feels welcoming.	1. Flask-based web app using a modular Data Access Layer (JSON → SQLite-ready). 2. Clean, responsive layout with warm, earthy theme. 3. Last 7 days shown on main page + optional full history page. 4. Begin with core journaling functionality; expand only if time allows.

CHALLENGE: Making the app feel both simple and meaningful — I learned that good UX isn't just looks and aesthetics, it's purposeful.

Technical Design Overview

Frontend	Backend	Storage
HTML/CSS templates Warm theme with background artwork	Flask routes for adding, viewing, and exporting entries. Separate /history page for full journaling archives	JSON–based storage through a Data Access Layer Fully swappable to SQLite or cloud DB with zero UI changes

AI Personalization

❖ Mood–specific journaling prompts.

❖ Adaptive streak banners.

❖ Simple weekly summaries describing trends

CURRENT PROGRESS & KEY FEATURES

COMPLETED FEATURES

❖ Add wins + optional elaboration

❖ Mood + category tags

❖ Adaptive streak messaging

❖ Weekly summaries (light NLP-style)

❖ Last 7 days visible on main page

❖ Beautiful background + theme

❖ JSON export

❖ Clean, modular code

IN PROGRESS

❖ Import JSON

❖ Add basic charts.

❖ (Possibly) deleting an entry/win.

❖ Full history page (/history)

Challenges & Solutions

Challenges

- ❖ Designing something simple but meaningful.

- ❖ Managing data storage flexibility.

- ❖ Making AI "feel human."

- ❖ Balancing time with design goals.

Solution / Lesson Learned

- ❖ Focused on small wins, not heavy analytics.

- ❖ Built a single data-access module for easy upgrades.

- ❖ Used tone-based prompts & adaptive banners instead of complex ML.

Design Choices and Future Plans

Design Focus:	Future Plans:
❖ Calm, minimalist UI — everything fits on one screen. ❖ Quick actions (log a win in under 10 seconds). ❖ Optional elaboration for deeper journaling. ❖ Gentle tone: positive language, rounded corners, soft colors.	❖ Add charts to visualize streaks and category stats. ❖ Add another page to view all history. ❖ Add mobile support. ❖ Test with users for feedback and usability.

Reflections & Takeaways

I learned that designing for emotion can be just as technical as coding.

Progress isn't only about finishing; it's about refining and reflecting.

WinJar reminded me to practice what it preaches: celebrate small wins.

I'm proud that this project is something I'd personally use and share.