

# Credential Setup Guide for Mindful Champion

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## Current Status

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### What's Already Configured

Your Mindful Champion app **already has working credentials** configured!

#### Gmail (Email Notifications)

- **Gmail User:** `welcomefrommc@mindfulchampion.com`
- **App Password:** Configured and active
- **Ready to send:** Welcome emails, password resets, notifications

#### AWS S3 (Video Storage)

- **S3 Bucket:** `abacusai-apps-c23443d10cd3d54c25905c2c-us-west-2`
  - **Region:** `us-west-2` (Oregon)
  - **Access Keys:** Temporary credentials active
  - **Expiration:** December 3, 2025 at 6:11 PM UTC
  - **Ready for:** Video uploads, user content storage
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## AWS S3 Credentials

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### The S3 Bucket is Already Created!

Your bucket `abacusai-apps-c23443d20cd3d54c25905c2c-us-west-2` exists and is ready to use.

### Current Setup (Temporary Credentials)

You're currently using **temporary STS credentials** that:

- Are working right now
- Expire on December 3, 2025 at 6:11 PM UTC
- Are automatically refreshed by the system

### Option A: Continue with Temporary Credentials

**Best for:** Development, testing, or if you're hosting on the current platform

**How it works:**

- The system automatically fetches new credentials from `/aws_credentials/.aws/homedir/.aws_credentials.json`
- No action required - it just works!
- Credentials refresh automatically before expiration

**No setup needed** - you're already using this!

**Option B: Get Permanent IAM Credentials**

**Best for:** Production deployment on Vercel, Netlify, or other platforms

**Step-by-Step Guide:****1. Go to AWS Console**

 **Direct Link:** <https://console.aws.amazon.com/iamv2/home#/users>

Or manually:

1. Go to <https://aws.amazon.com>
2. Click **Sign In to the Console**
3. Enter your AWS account credentials
4. Navigate to **IAM** (Identity and Access Management)

**2. Create a New IAM User**

1. Click **Users** in the left sidebar
2. Click **Create user**
3. **User name:** `mindful-champion-s3-access`
4. ☒ Check **Provide user access to the AWS Management Console** (optional)
5. Click **Next**

**3. Set Permissions****Option A: Full S3 Access** (Easiest)

1. Select **Attach policies directly**
2. Search for `AmazonS3FullAccess`
3. ☒ Check the box next to it
4. Click **Next**

**Option B: Bucket-Specific Access** (More Secure)

1. Select **Attach policies directly**
2. Click **Create policy**
3. Use this JSON:


```
{
  "Version": "2012-10-17",
  "Statement": [
    {
      "Effect": "Allow",
      "Action": [
        "s3:GetObject",
        "s3:PutObject",
        "s3:DeleteObject",
        "s3:ListBucket"
      ],
      "Resource": [
        "arn:aws:s3:::abacusai-apps-c23443d20cd3d54c25905c2c-us-west-2",
        "arn:aws:s3:::abacusai-apps-c23443d20cd3d54c25905c2c-us-west-2/*"
      ]
    }
  ]
}
```

1. Name it `MindfulChampionS3Access`
2. Create and attach it to the user

#### 4. Generate Access Keys

1. Click on the newly created user
2. Go to **Security credentials** tab
3. Scroll to **Access keys**
4. Click **Create access key**
5. Select **Application running outside AWS**
6. Click **Next** → **Create access key**

#### 5. Save Your Credentials

 **IMPORTANT:** You'll see these once - save them now!

- **Access Key ID:** `AKIA...` (20 characters)
- **Secret Access Key:** (40 characters)

#### Save them to:

- Your password manager
- Your `.env.local` file (for local development)
- Your Vercel environment variables (for production)

#### Example:

```
AWS_ACCESS_KEY_ID=AKIAIOSFODNN7EXAMPLE
AWS_SECRET_ACCESS_KEY=wJalrXUtnFEMI/K7MDENG/bPxRfiCYEXAMPLEKEY
AWS_REGION=us-west-2
AWS_BUCKET_NAME=abacusai-apps-c23443d20cd3d54c25905c2c-us-west-2
```

## Gmail App Password



### Current Status: Already Configured!

Your Gmail is already set up:

- **Email:** `welcomefrommc@mindfulchampion.com`
- **App Password:** `mtjlwqxxgxpzuqwe`

### If You Need to Create a New One

#### Prerequisites:

-  Gmail account
-  2-Factor Authentication (2FA) enabled

#### Step-by-Step Guide:



##### Step 1: Enable 2-Factor Authentication (if not already)

1. Go to: <https://myaccount.google.com/security>
2. Click **2-Step Verification**
3. Follow the wizard to set up 2FA
4. Use your phone number or authenticator app

##### Step 2: Generate App Password

1. **Direct Link:** <https://myaccount.google.com/apppasswords>
2. Sign in if prompted
3. In the “App name” field, type: `Mindful Champion`
4. Click **Create**
5. Google will show you a **16-character code** like: `abcd efgh ijkl mnop`
6. **Copy it immediately** (you can’t see it again!)

**Important:** Remove spaces when saving:

-  Correct: `abcdefghijklmnop`
-  Wrong: `abcd efgh ijkl mnop`

##### Step 3: Save to Environment Variables

```
GMAIL_USER=your-email@gmail.com
GMAIL_APP_PASSWORD=abcdefghijklmnop
```

## Troubleshooting

### “App Passwords” option not available?

1. **Cause:** 2FA is not enabled
2. **Fix:** Enable 2-Step Verification first (see Step 1)

### “Less secure app access” message?

1. **Cause:** You’re using the wrong setting
2. **Fix:** Use “App passwords” instead (not “Less secure apps”)

### Emails not sending?

1. **Check:** Gmail credentials are correct
2. **Check:** No typos in the app password
3. **Check:** 2FA is still enabled

4. **Test:** Use the test script: `npm run test-gmail`

## Vercel Deployment

### How to Add Environment Variables to Vercel

#### Step 1: Go to Your Project Settings

1. Log in to <https://vercel.com>
2. Select your Mindful Champion project
3. Click **Settings** (top navigation)
4. Click **Environment Variables** (left sidebar)

#### Step 2: Add AWS S3 Credentials

Add these variables one by one:

1. **Variable Name:** `AWS_ACCESS_KEY_ID`
  - **Value:** Your permanent access key (e.g., `AKIAIOSFODNN7EXAMPLE` )
  - **Environments:** ☒ Production, ☒ Preview, ☒ Development
  - Click **Save**
2. **Variable Name:** `AWS_SECRET_ACCESS_KEY`
  - **Value:** Your secret access key
  - **Environments:** ☒ Production, ☒ Preview, ☒ Development
  - Click **Save**
3. **Variable Name:** `AWS_REGION`
  - **Value:** `us-west-2`
  - **Environments:** ☒ Production, ☒ Preview, ☒ Development
  - Click **Save**
4. **Variable Name:** `AWS_BUCKET_NAME`
  - **Value:** `abacusai-apps-c23443d20cd3d54c25905c2c-us-west-2`
  - **Environments:** ☒ Production, ☒ Preview, ☒ Development
  - Click **Save**
5. **Variable Name:** `AWS_FOLDER_PREFIX`
  - **Value:** `6482/`
  - **Environments:** ☒ Production, ☒ Preview, ☒ Development
  - Click **Save**

#### Step 3: Add Gmail Credentials

1. **Variable Name:** `EMAIL_USER`
  - **Value:** `welcomefrommc@mindfulchampion.com`
  - **Environments:** ☒ Production, ☒ Preview, ☒ Development
  - Click **Save**
2. **Variable Name:** `EMAIL_APP_PASSWORD`
  - **Value:** `mtj1wqxxgxpzuqwe`
  - **Environments:** ☒ Production, ☒ Preview, ☒ Development
  - Click **Save**

## Step 4: Trigger Redeployment

1. Go to **Deployments** tab
2. Click on the latest deployment
3. Click **Redeploy** (three dots menu)
4. Click **Redeploy**

**Wait:** 2-5 minutes for the new deployment to complete



## Testing & Verification

### Test AWS S3 Connection

```
cd /home/ubuntu/mindful_champion/nextjs_space
node scripts/test-s3-connection.js
```

#### Expected Output:

```
✅ S3 Connection Successful!
Bucket: abacusai-apps-c23443d20cd3d54c25905c2c-us-west-2
Region: us-west-2
Test file uploaded successfully
```

### Test Gmail SMTP Connection

```
cd /home/ubuntu/mindful_champion/nextjs_space
node scripts/test-gmail-connection.js
```

#### Expected Output:

```
✅ Gmail Connection Successful!⚠️
Email: welcomefrommc@mindfulchampion.com
Test email sent successfully
```

## Manual Testing

### Test Video Upload

1. Go to your deployed app
2. Sign in
3. Navigate to `/train/video`
4. Upload a test video
5. ✅ **Success:** Video uploads and shows in library
6. ❌ **Failure:** Check AWS credentials

### Test Email Sending

1. Go to your deployed app
2. Try signing up with a new email
3. Check your inbox for welcome email
4. ✅ **Success:** Email received

5. **✗ Failure:** Check Gmail credentials
- 

## ? Troubleshooting

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### AWS S3 Issues

#### “Access Denied” error

**Cause:** IAM user doesn't have S3 permissions

**Fix:**

1. Go to AWS Console → IAM → Users
2. Click on your user
3. Click **Add permissions**
4. Attach `AmazonS3FullAccess` policy

#### “Bucket does not exist” error

**Cause:** Bucket name is wrong

**Fix:**

1. Double-check bucket name: `abacusai-apps-c23443d20cd3d54c25905c2c-us-west-2`
2. Make sure there are no extra spaces

#### “Invalid credentials” error

**Cause:** Access keys are wrong or expired

**Fix:**

1. Go to AWS Console → IAM → Users → Security credentials
2. Create new access keys
3. Update your environment variables

### Gmail Issues

#### “Invalid login” error

**Cause:** App password is wrong or 2FA is disabled

**Fix:**

1. Go to <https://myaccount.google.com/apppasswords>
2. Generate a new app password
3. Update `GMAIL_APP_PASSWORD`

#### “Authentication failed” error

**Cause:** Gmail user is wrong

**Fix:**

1. Check `GMAIL_USER` matches your Gmail address
  2. Make sure there are no typos
-



## Security Best Practices



### Do:

- Store credentials in environment variables
- Use `.env.local` for local development (never commit!)
- Use Vercel's environment variables for production
- Rotate access keys every 90 days
- Use IAM users with minimum required permissions



### Don't:

- Commit credentials to Git
- Share credentials in plain text
- Use root AWS account credentials
- Give full admin access when S3 access is enough



## Summary

Task	Status	Time Estimate
Gmail Setup	✅ Already Done	0 minutes
AWS S3 (Current)	✅ Already Done	0 minutes
AWS IAM (Permanent)	📝 Optional	15-20 minutes
Vercel Deployment	📝 Needed	5-10 minutes
Testing	📝 Recommended	5 minutes

**Total Time:** 5-35 minutes (depending on what you need)



## Next Steps

1. **For immediate use:** Your credentials are already working!
2. **For Vercel:** Copy the environment variables to Vercel settings
3. **For long-term:** Consider getting permanent AWS IAM credentials
4. **For verification:** Run the test scripts

**Need help?** All the direct links and commands are provided above!