A Report on

SOULSCRIPT

SoulScript is a simple and calming wellness application designed to promote mental well-being by combining mood tracking, journaling, and relaxation tools in one place. The app creates a safe and soothing digital space where users can reflect on their emotions, record personal thoughts, and wind down with gentle sleep stories.

Key Features

- **Mood Tracking**
  Users can log their daily moods with simple inputs, allowing them to reflect on how they feel each day. Over time, this feature helps build awareness of emotional trends and promotes mindfulness.

- **Journaling**
  A secure space to write and save daily thoughts, reflections, or personal notes. Journaling encourages self-expression, reduces stress, and supports mental clarity.

- **Calming Sleep Stories**
  A collection of short, soothing audio stories designed to help users relax and fall asleep peacefully. This feature is aimed at reducing anxiety and improving sleep quality.

Tech Stack

- **Frontend: Flutter (Dart)**
  The app's user interface is built using **Flutter**, ensuring smooth cross-platform performance on both Android and iOS devices. Flutter's widget-based design system allows for a clean, responsive, and user-friendly interface.

- **Backend: Firebase**

  - **Firebase Authentication**: Provides secure user sign-in and account management using email and password authentication.

  - **Firebase Firestore**: Stores user data such as mood logs, journal entries, and activity history securely in the cloud, enabling real-time synchronization and reliable data access across devices.

MAIN APP LOGO

1. LOGIN/SIGNUP PAGE
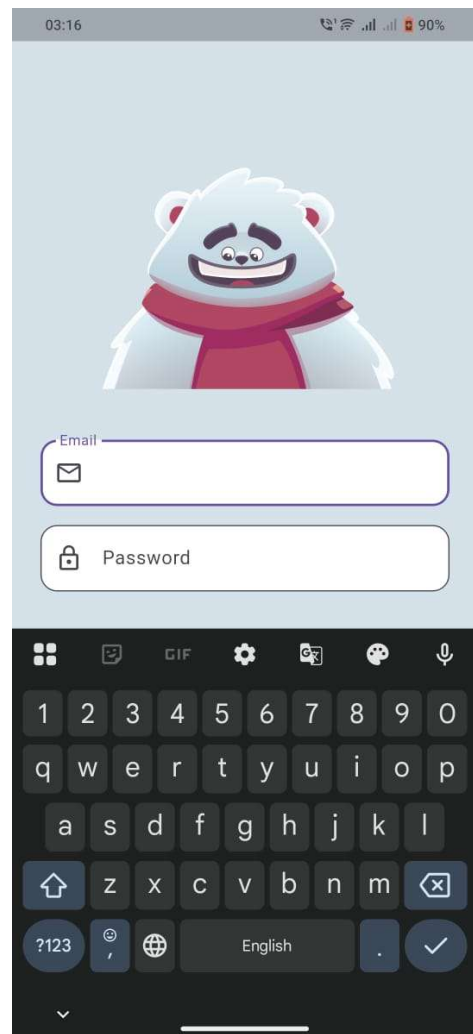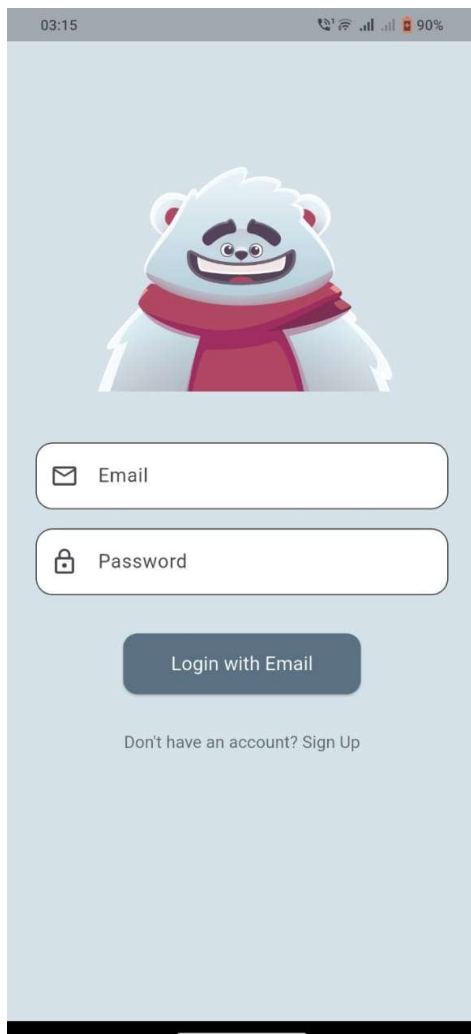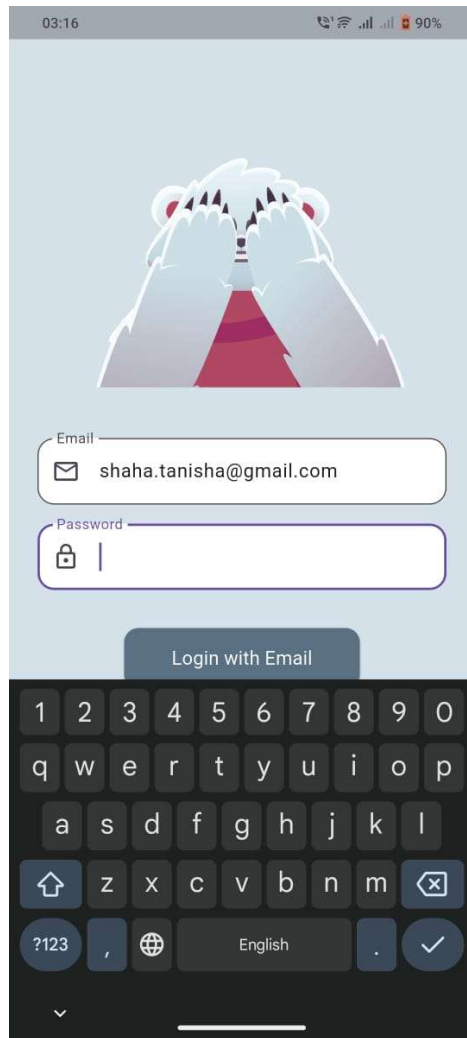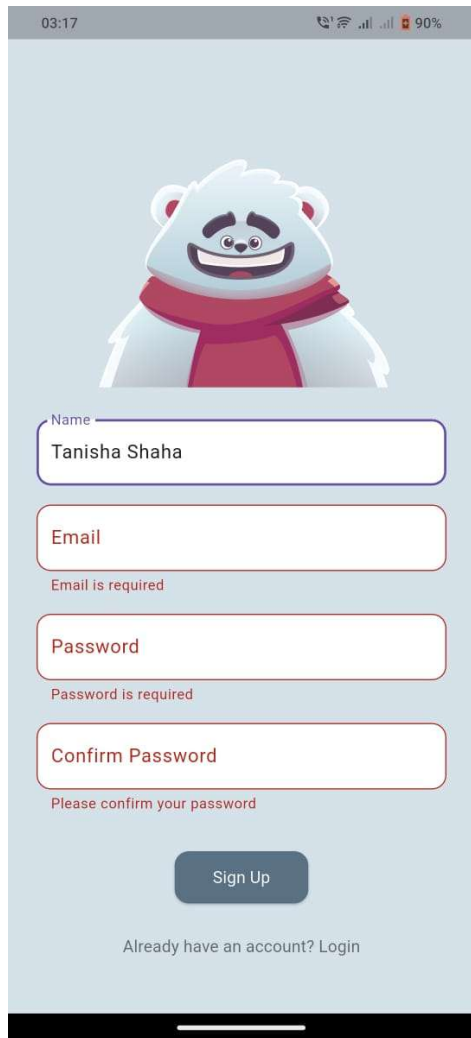
A friendly animated teddy bear is integrated into the login screen using **Rive**. The animation reacts to user interactions delightfully:

- **Non-Password Fields**: When the user types in the email or other text fields (excluding the password), the teddy's eyes shift slightly to the left, giving the impression that it's watching the user type—creating a friendly, connected interaction.

- **Password Typing**: The teddy respectfully **closes its eyes**, symbolizing privacy and trust while the user enters their password.
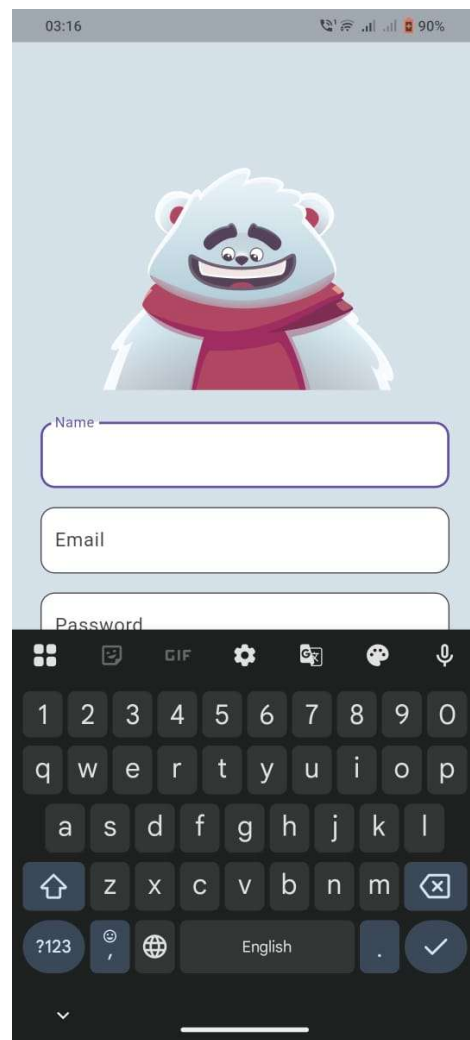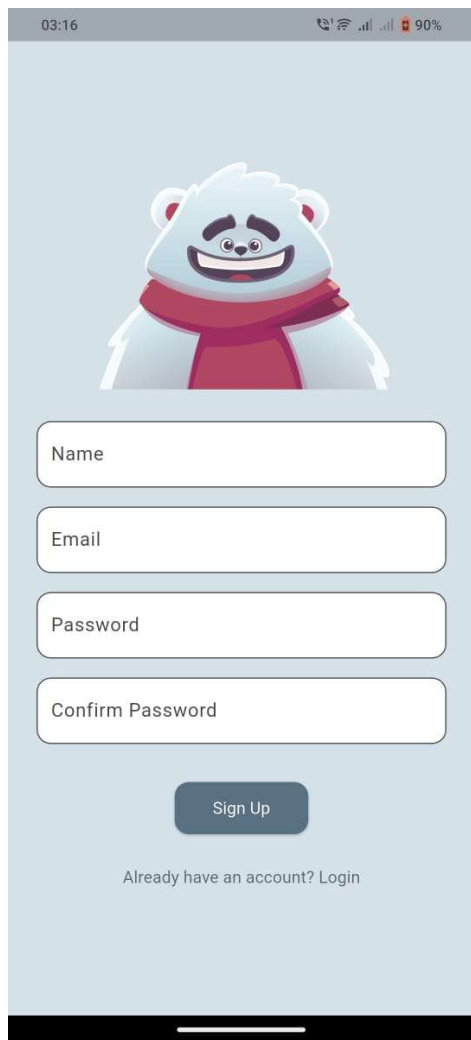
The same feature is also applied to the Sign-Up Page.
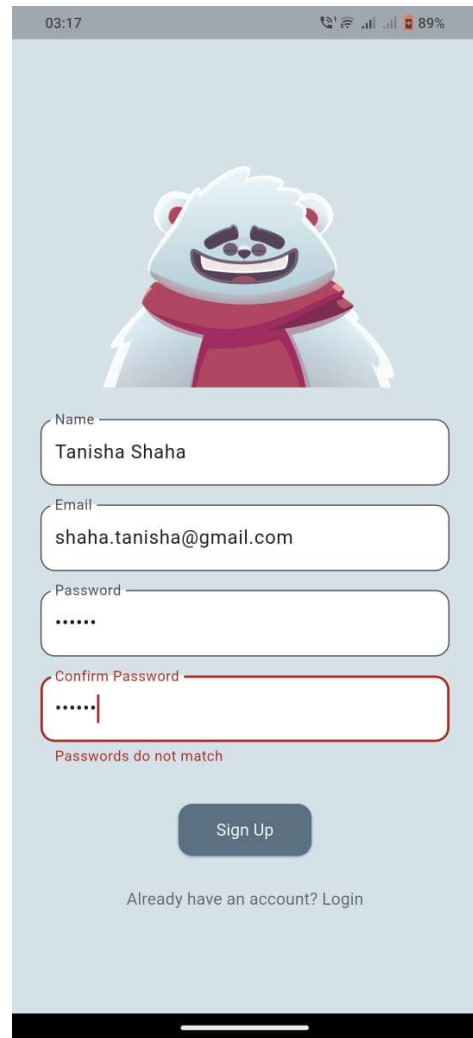
- **Empty Field Checks**:
  - All fields are mandatory (Name, Email, Password, Confirm Password).
  - If any field is left blank, an error message is shown prompting the user to fill it.

- **Password Requirements**:
  - Password must be at least **6 characters long**.
  - Shorter passwords trigger an error prompting the user to enter a stronger password.

- **Password Match Check**:
    - The values of "Password" and "Confirm Password" fields must match exactly.
    - Mismatched inputs show a real-time error: *"Passwords do not match."*

- **Email Format Validation** *(optional/advanced)*:
    - Verifies that the email contains @ and a valid domain structure.

Do you prefer daily reminders for journaling?

Yes

No

Maybe later

Next

Would you like personalized affirmations based on your mood?

Yes

No

Next

Choose your focus areas:

Gratitude ☐

Goals ☑

Emotions ☑

Productivity ☐

Spirituality ☐

Dreams ☐

Finish

After sign-up, SoulScript guides users through a short setup where they provide additional details like preferences or focus areas. This helps personalize their experience, ensuring relevant content, such as affirmations or journaling prompts, is better aligned with their wellness journey.

Screen 1 — 23:50

Sleep Stories

Soothing bedtime stories to help you fall into a deep and natural sleep.

✓ All | My | Anxious | Calm | Love

Anxious
Agatha's Untold Mysteries | A Friend by the Falls

Calm
A Home On Mars | West Highland Line

Scary

Home | Sleep | Journal | Affirm | Profile

Screen 2 — 23:51

Sleep Stories

Soothing bedtime stories to help you fall into a deep and natural sleep.

All | My | ✓ Anxious | Calm | Love

Agatha's Untold Mysteries | A Friend by the Falls
The Gingerbread Mystery | Hall of Magic Mirrors

Home | Sleep | Journal | Affirm | Profile

Screen 3 — 23:51

Sleep Stories

Soothing bedtime stories to help you fall into a deep and natural sleep.

All | My | Anxious | ✓ Calm | Love

A Home On Mars | West Highland Line
A Shelter At The Foot Of The Falls | Around The Fire

Home | Sleep | Journal | Affirm | Profile

Screen 4 — 23:51

Sleep Stories

Soothing bedtime stories to help you fall into a deep and natural sleep.

All | My | Anxious | Calm | ✓ Love

Love Over the Garden Fence | Pride and prejudice
A Cosy Cottage In Northumberland | Beneath the Northern Lights

Home | Sleep | Journal | Affirm | Profile

←

Agatha's Untold Mysteries

42 min · Sleep Story

Come, sit by the campfire 🔥 as we journey back in time ⏳ to the charming Harrogate Hotel 🏨, nestled in the quiet countryside 🌿, where the air carries whispers of old stories and unsolved secrets 🛏️. It's here that the brilliant mystery writer Agatha ✍️ arrives, seeking a peaceful retreat 🌙 to clear her mind and find inspiration. She hopes for solitude, a break from the noise of the world 🌃, and perhaps a chance to reconnect with herself.

But life has a funny way of filling the quiet spaces with unexpected wonder ✨. As new friendships begin to bloom 🌸 and warm moments fill her days ☕, Agatha finds herself drawn into a curious mystery 🕵️‍♀️—one that hides within the pages of a tampered book 📚, waiting to be unraveled. What was meant to be a quiet escape soon becomes an unforgettable adventure 🔍

PLAY

←

Agatha's Untold Mysteries

42 min · Sleep Story

Ease the mind into a restful night's sleep with these deep, ambient stories.

08:05   41:08

PAUSE

←

Agatha's Untold Mysteries

42 min · Sleep Story

Ease the mind into a restful night's sleep with these deep, ambient stories.

02:24   41:08

PLAY

Screen 1: Journal Entry

Friday, August 29, 2025

Sunset 🛕

What a beautiful Sunset it was 😍

#hashtags

Screen 2: My Journal (August)

My Journal   August 2025

31	🙁	Sun, Aug 2025 **No entry yet...** *Tap to write your thoughts*
30		Sat, Aug 2025 **Hiking** 🪂 #hiking #friends
29		Fri, Aug 2025 **Sunset** 🛕 What a beautiful Sunset it was 😍
28		Thu, Aug 2025 **Bappa - Day 2** 🙏🙏 #ganeshchaturthi #bappa
27		Wed, Aug 2025 **Bappa - Day 1** 🌺🌺

🏠 Home   🌙 Sleep   📝 Journal   ☀️ Affirm   👤 Profile

Screen 3: My Journal (September)

My Journal   September 2025

04	🙁	Thu, Sep 2025 **No entry yet...** *Tap to write your thoughts*
03	🙁	Wed, Sep 2025 **No entry yet...** *Tap to write your thoughts*
02	🙁	Tue, Sep 2025 **No entry yet...** *Tap to write your thoughts*
01	🙁	Mon, Sep 2025 **No entry yet...** *Tap to write your thoughts*

🏠 Home   🌙 Sleep   📝 Journal   ☀️ Affirm   👤 Profile

Categories

Practice Gratitude

Mental Health

Self-care

Be confident

Enjoy the moment

Happiness

Boost self-worth

Chase your dreams

My body and mind deserve kindness.

Home   Sleep   Journal   Affirm   Profile

Themes

Home   Sleep   Journal   Affirm   Profile

Tanisha Shaha

shaha.tanisha@gmail.com

✏️ Edit Profile ›

🎧 Support ›

❓ Help ›

ⓘ About the App ›

↪ Logout ›

🏠 Home | 🌙 Sleep | 📝 Journal | ☀️ Affirm | 👤 Profile

←

Tanisha Shaha

@Tanisha

Full Name
Tanisha Shaha

Gender
Female

Age
20

DOB (ddmmyyyy)
15092004

User Name
@Tanisha

Save

←

Tanisha Shaha

@Tanisha

Full Name
Tanisha Shaha

Gender
Female

Age
20

DOB (ddmmyyyy)
15092004

User Name
@Tanisha

Save

Profile updated successfully!

← Support

Kartik Sharma

Certified Journal Therapy Specialist

10+ years in mindfulness and reflective writing. Focuses on emotional healing and personal growth.

| Call | Message | Email |

Sonal Srivastava

Mindfulness and Wellness Journal Coach

8 years in holistic wellness journaling, specializing in stress management and mindful reflection.

| Call | Message | Email |

< Help & FAQ

?

How can we help you?

Find answers to common questions about SoulScript

📘 Frequently Asked Questions

How do I start journaling? ⌄

How do I listen to sleep stories? ⌄

Is my data private and secure? ⌄

Can I customize my affirmations? ⌄

How often should I use SoulScript? ⌄

What if I miss some days? ⌄

🚀 Getting Started

🚀 Getting Started

1   **Set up your profile**
Begin your SoulScript journey by creating your profile in this Flutter-based wellness app.

2   **Start journaling**
Write your daily thoughts, moods, and affirmations to stay positive and mindful.

3   **Explore wellness tools**
Use calming sleep stories, reflections, and affirmations for relaxation.

4   **Track your progress**
Review your emotional patterns and wellness trends through analytics.

🎧

Still need help?

Can't find what you're looking for? Our support team is here to help you.

Contact Support

‹ Help & FAQ

?
How can we help you?
Find answers to common questions about SoulScript

🔖 Frequently Asked Questions

How do I start journaling? ∧

Simply tap on the "+" button on the home screen to write your daily reflections, thoughts, or affirmations.

How do I listen to sleep stories? ∧

Go to the Sleep Stories section, choose a story, and press play for a calming experience before bed.

Is my data private and secure? ∨

Can I customize my affirmations? ∨

How often should I use SoulScript? ∨

‹ About the App

SoulScript

📄 About SoulScript

Your personal companion for relaxation and emotional well-being, with soothing sleep stories to help you unwind and recharge.

★ Key Features

🌙 **Sleep Stories**
Relax with calming bedtime stories for a restful night

📖 **Journal Writing**
Record your thoughts and feelings in a personal journal

❤️ **Mood Tracking**
Easily log and monitor your daily

📄 About SoulScript

Your personal companion for relaxation and emotional well-being, with soothing sleep stories to help you unwind and recharge.

★ Key Features

🌙 **Sleep Stories**
Relax with calming bedtime stories for a restful night

📖 **Journal Writing**
Record your thoughts and feelings in a personal journal

❤️ **Mood Tracking**
Easily log and monitor your daily emotions

❤️
Made with ❤️ for your well-being

Our mission is to help you understand and improve your emotional health through simple, beautiful, and effective mood tracking.