

Passion Project: MotiMood

Inspire & Motivation is a mobile app that lets users pick their emotions, the user will click a button that will ask them “how do you feel today.” In today's fast-paced and often stressful world, maintaining a positive mindset and staying motivated can be a challenging endeavor. To address this, we introduce "MotiMood," an innovative mobile application designed to inspire and uplift users through a personalized experience of motivational quotes and self-reflection.

MotiMood is a unique tool that encourages emotional awareness, facilitates self-expression, and empowers users to reach their goals while maintaining a positive attitude. Mood Selection: Upon launching the app, users are prompted to hold a button and select their current mood for the day from a range of options including happy, sad, anxious, excited, hopeful, and mad. This initial step ensures that MotiMood tailors its approach to the user's emotional state.

Personalized Quotes: Based on the mood selected, MotiMood generates a motivational quote designed to either uplift the user's spirits or reinforce their positivity. These quotes are carefully curated to resonate with each emotion, providing a dose of encouragement and inspiration that aligns with the user's emotional needs. Self-Reflection: Following the motivational quote, users have the opportunity to delve deeper into their feelings by jotting down a few sentences in a text box. This self-reflection exercise encourages users to articulate the reasons behind their emotions, fostering a deeper understanding of their thoughts and emotions. Monthly Overview: As the days go by, users' mood selections and accompanying reflections are compiled to create a comprehensive overview of their emotional journey over the course of a month. This overview not only helps users recognize patterns in their moods but also serves as a valuable tool for self-awareness and growth.

