



abstract

Echoes is an AI-enhanced journaling app aimed at improving mental health. It features AI functions that analyze the user's journal entries, provide mental health support, visualize trends, and make predictions based on previous entries. The app uses recent advances in conversational AI and utilizes state-of-the-art GPT language models with custom improvements and modifications. Echoes is designed to work across multiple platforms with data stored securely and encrypted for user privacy. The project is currently under development with a prototype in the final stages using Flutter and a Python flet library as a wrapper.

journaling is beneficial

Studies have demonstrated that keeping a journal can have a positive impact on one's mental health, but many individuals find it challenging to develop the habit of journaling regularly. Echoes is a unique app that aims to address this issue by offering a user-friendly platform that makes journaling as easy and engaging as possible. By providing a set of AI functions to enhance the journaling experience, Echoes takes the process to the next level and offers users a powerful tool for managing their emotional well-being.

solid foundation

Apart from being a convenient journaling app, Echoes offers:

- helpful analysis of the user's daily journal entries with a personalized advice for improving their mental well-being
- mental health support in a form of a friendly chat bot to talk about the day and receive comfort and positive affirmations
- powerful visualizations of users' mood and energy levels over time, giving them the ability to track their emotional state and identify patterns that might be affecting their mental health
- predictions for the following day for the user to gain insight about what their future might look like to help plan their day and adjust their routines accordingly

bright future

Echoes is built to include more advanced features, such as:

- personalized prompts to stimulate users' writing process and encourage them to explore their thoughts and emotions
- recollection of past events and experiences, offering convenient summaries and insights into users' emotional state at the time
- tracking users' progress over time, offering advice and guidance for personal growth and development
- suggesting potential soulmates based on users' journal entries, providing a unique and powerful tool for social connection and support

humble beginnings

Echoes is in the early stages of development, with the first operational version under active construction.

app that cares



AI-enhanced analysis and support

One of the key features of Echoes is its ability to provide AI-enhanced analysis of the user's journal entries, as well as trend visualization for trackers such as mood or energy levels. This allows users to easily see patterns and trends in their emotional state, which can be useful for identifying triggers and managing their mental health over time.



Data encryption and security

Echoes prioritizes the privacy and security of its users by utilizing user-specific encryption and secure cloud syncing to ensure that their personal data is protected at all times. Users can rest assured that their sensitive information will never be accessible to anyone except themselves.



Ease of use

Echoes is designed to be an easy-to-use platform that helps users develop a daily journaling habit effortlessly. With a convenient GUI, cross-platform architecture, and engaging AI toolset, the app removes the barriers that can prevent people from journaling regularly.

accessible and fair

At Echoes, we believe that everyone should have access to tools that help them improve their mental health. That's why our core functionality - journaling, data export and basic analytics - will always be free. We understand that some users might want more advanced features, which is why we offer a "pay-as-you-go" model with end of the month billing. This way, users only pay for the additional features they actually use. We believe this is the fairest pricing strategy, giving our users the freedom to choose the features they need without worrying about hidden fees or long-term commitments. Our goal is to make Echoes an accessible and affordable tool for everyone who wants to improve their mental well-being.

people behind the curtain



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