

# **Milestone 0: Project Proposal**

## **User Experience Engineering**



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## **Team Name:**

Design Minds

## **Project Title:**

Digital Harmony

## **Design Challenge:**

Technology for Mental health

Positive Technology

## **First Preference Idea: Mood Mosaic**

### **Design Challenge 1: Technology for Mental Health**

#### **Problem Statement:**

Many individuals struggle with expressing their emotions through words, making mood tracking feel tedious and clinical.

#### **Solution:**

Mood Mosaic provides a creative and non-textual way to track emotions by allowing users to create pixel art/mosaics representing their daily feelings. Over time, they can visualize their emotional journey in an engaging and artistic format.

#### **Key Features:**

- Users create a daily mosaic by selecting colors that represent their mood.
- A drag-and-drop interface for easy design.
- A mood collage that evolves over time to showcase emotional trends.
- Option to share mood mosaics anonymously and find others with similar emotional patterns.

### **Why It's Unique:**

- Encourages emotional expression without requiring text-based journaling.
- Provides an interactive and visually engaging approach to mental well-being.
- More creative and stress-free compared to conventional mood-tracking apps.

## **Second Preference Idea: GratiMate**

### **Design Challenge 2: Positive Technology**

#### **Problem Statement:**

Traditional journaling apps are passive and text-heavy, lacking engagement and interactivity.

#### **Solution:**

GratiMate is a digital gratitude journal that uses AI to analyze user entries and provide reflective insights, helping users recognize patterns in their happiness and encouraging consistent gratitude practice.

#### **Key Features:**

- AI-generated insights based on user entries (e.g., "You felt happiest on Fridays!").
- Mood-based daily gratitude prompts (e.g., if feeling sad, the app suggests: "What was one good thing today?").
- Selective sharing of gratitude entries with close friends for positive reinforcement.
- Optional "Voice Log" for users who prefer speaking over typing.

### **Why It's Unique:**

- AI-powered reflection makes it more interactive than traditional journaling.
- Blends private journaling with social sharing for motivation and encouragement.
- Encourages self-awareness and gratitude in a fun and engaging way.

# Third Preference Idea: Daily Smile

## Design Challenge 2: Positive Technology

### Problem Statement:

Small acts of kindness can significantly impact mental well-being, yet people often forget or lack motivation to practice them consistently.

### Solution:

Daily Smile is an app that inspires users to perform one small act of kindness each day and track their impact over time. By gamifying kindness, it makes positive actions more engaging and fulfilling.

### Key Features:

- Daily kindness challenge (e.g., "Compliment a stranger," "Donate \$1 to a charity").
- "Smile Tracker" to log completed acts of kindness.
- Shareable "Kindness Report" to inspire friends and family.
- A library of uplifting quotes and real-life stories for motivation.

### Why It's Unique:

- Encourages positivity through a simple, engaging interface.
- The "Smile Tracker" adds gamification to kindness.
- Allows users to see their cumulative impact, reinforcing positive behavior.

**Conclusion:** All three ideas focus on promoting mental well-being and positive behavior through technology. Mood Mosaic provides a unique visual expression for emotions, GratiMate enhances gratitude journaling with AI-powered insights, and Daily Smile gamifies kindness to encourage positivity in everyday life.

### Next Steps:

- Gather user feedback on the preferred idea.
- Begin wireframing and prototyping the selected idea.
- Research UX/UI best practices for implementation.