



# HABIFY



Let's build habits together



ITS DIFFICULT TO  
START AND BALANCE  
YOUR JOURNEY  
TOWARDS HOLISTIC  
WELLNESS





# HABITS

We believe that the formation of habits are  
essential to ensure the wellness of an  
individual



# 66 DAYS HABITS


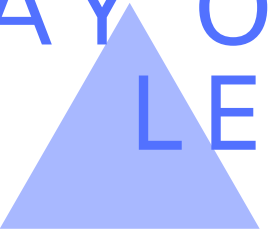
The formation of habits takes an average of 66  
days



# HABIFY



HABIFY IS A WELLNESS APPLICATION FOCUSED  
ON HELPING ITS USERS FORM HABITS WITH  
THE HELP OF MINI-TASKS. THIS APPLICATION  
AIMS TO PROVIDE USERS WITH A HASSLE-FREE  
WAY OF SETTING SHORT TERM GOALS THAT  
LEAD TO LONG TERM GROWTH AND  
WELLNESS.





# THE HABIFY FLOW

1

## GET TO KNOW USER

Administer simple personality test to gauge which wellness the user strong in and/or lacking in

2

## START SMALL

Generate the user simple tasks daily that could help them enhance their lacking wellness dimensions

3

## MAINTAIN

The app will allow the user to generate more tasks in a day, it may be a new set or just one task

4

## HABIT

If the user is accomplish these tasks daily, it would be likely possible for it to become a habit for them, which in turn could help their them in their respective wellness dimensions

# OUR WELLNESS DIMENSIONS



## PHYSICAL

Maintaining a healthy exercise regime and diet, Getting 7 to 9 hours of sleep a day, etc.



## INTELLECTUAL

Developing skills and abilities to achieve a more satisfying life, Gaining stimulation from reading, studying, traveling, or exposure to media



## SPIRITUAL & SOCIAL

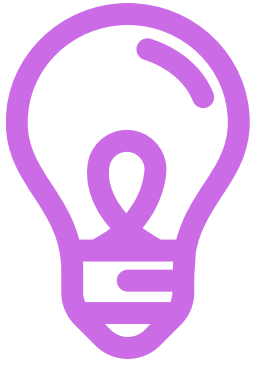
Recognizing, accepting, and tolerating the complex nature of the world, Having supportive and fulfilling relationships



FORM GREAT  
HABITS  
ENSURE YOUR  
WELLNESS



# REFERENCES



ON WELLNESS: DEFINITION, DIMENSIONS & SELF  
CARE

Deirdre Conde