

# Project Topic

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In a world where technology is the most accessible it's ever been, sitting still has become next to impossible. Books are being replaced by e-readers, physical stores are being replaced by online shopping, and in-person communication is being replaced by social media, texting, and video calls. With this rapid advancement in technology, it is important to take time to slow down, get off our devices, connect with others, and with God. Technology has a way of intruding on our daily lives and detracting from activities like pausing, reflecting, praying, and engaging in meaningful conversations[1].

My project aims to create a mobile application that encourages users to take breaks from their devices and engage in meaningful activities that promote mental well-being and spiritual growth.

In your proposal, you will provide justification on why your project matters based on work which has been done in this area, using in-line citations [?] to refer to existing works. Include what your project will accomplish and how your software will function.

When you use an image, such as in Figure 1, refer to it in the text.



Figure 1: Archie

# Appendix

A concise list of features / user stories in the order in which they will be built. A few examples are below to demonstrate the expected scope and level of granularity; you will have more features than this.

- Default picture display on web application.
- On a button-click, user can separate the image into foreground and background.
- User can select a picture from their desktop.
- Selected picture displays on the web application.

# References