



MIND MIRROR
CHECK IN. REFLECT. GROW.

AI JOURNAL WITH SENTIMENT ANALYSIS

TRANSFORMING DAILY REFLECTION INTO EMOTIONAL INTELLIGENCE

17 Feb, 2026

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TEAM MEMBERS



KRISHNA
Scrum Master |
Developer



CHINTAN KOTADIYA
Developer | Tester



RAFAELA HOLLANDA
Team Leader |
Developer



VANESSA ABUGBA
Front End Developer



SANKET MATROJA
Developer



SAI
Developer



PROBLEM STATEMENT

Many people struggle to identify and manage their emotions, and traditional journaling lacks structure or meaningful insights. Busy lifestyles make consistent reflection difficult, and no current tools effectively combine journaling with real-time emotional analysis. As a result, individuals need a smarter, more efficient way to track and understand their emotions for better mental well-being.

PROJECT DESCRIPTION

Project Name:	Mind Mirror
Team:	Nexus
Project Description:	<p>For individuals who struggle to understand and manage their emotions, the AI-powered journaling application is a smart, emotion-tracking tool that provides real-time sentiment analysis, mood visualization, and actionable insights. Unlike traditional journaling apps that lack emotional analytics or structure, our application combines journaling with AI-driven insights to help users recognize patterns, prevent burnout, and improve emotional well-being.</p>
Benefit Outcomes:	<p>Users can anticipate measurable improvements in emotional awareness, reflection consistency, and stress management. The application is expected to increase emotional recognition by 60%, reduce stress levels by 40%, and triple journaling consistency through its quick-entry and real-time feedback features.</p>
Github Link:	https://github.com/htmw/2026S-Nexus

STUDENT PERSONA



NAME: SARAH MARTINEZ

Age: 21

Gender: Female

Occupation: Undergraduate Computer Science Student

Sarah is a full-time college student balancing coursework, part-time work, and social commitments. During exam periods, her stress levels rise significantly, but she often ignores the early warning signs of burnout. She occasionally journals but finds long entries overwhelming and inconsistent. She wants a simple way to reflect daily without spending too much time.

Challenges:

- Experiences fluctuating stress levels during the semester
- Inconsistent journaling habits
- Difficulty recognizing emotional patterns over time
- Feels overwhelmed during midterms and finals

Goals:

- Track emotional trends throughout the semester
- Identify early signs of burnout
- Receive short, actionable suggestions
- Maintain better emotional balance during academic pressure

WORKING PROFESSIONAL PERSONA



NAME: DAVID CHEN

Age: 32

Gender: Male

Occupation: Software Engineer

David works remotely for a tech company and spends most of his day attending meetings and coding. While he performs well professionally, he often feels mentally drained without clearly understanding the cause. He values productivity and self-improvement but rarely pauses to reflect on his emotional state.

Challenges:

- Blurred boundaries between work and personal life
- Emotional fatigue during high-pressure deadlines
- No structured way to monitor mood patterns
- Limited time for long reflection exercises

Goals:

- Understand how work stress affects his mood
- Monitor emotional stability over time
- Receive quick, data-driven insights
- Improve work-life balance

WORKING PARENT PERSONA



NAME: EMILY PETERSON

Age: 40

Gender: Female

Occupation: HR Manager

Emily balances a demanding job with parenting responsibilities. Her schedule leaves little time for self-reflection, yet she recognizes the importance of emotional awareness. She often feels emotionally exhausted but cannot clearly identify triggers or patterns. She prefers simple, easy-to-use digital tools.

Challenges:

- Limited time for lengthy journaling
- Emotional fatigue from multitasking responsibilities
- Difficulty identifying emotional triggers
- Wants non-clinical, supportive guidance

Goals:

- Build daily emotional awareness
- Identify patterns in stress levels
- Receive manageable well-being suggestions
- Maintain emotional stability for herself and her family

SELF-IMPROVEMENT ENTHUSIAST PERSONA



NAME: ALEX RIVERA

Age: 27

Gender: Male

Occupation: Fitness Coach

Alex actively tracks his workouts, sleep cycles, and productivity habits. He believes emotional well-being is just as important as physical health but lacks a structured system to measure it. He is interested in data-driven insights and enjoys tools that provide analytics and visualizations.

Challenges:

- Journaling apps provide no analytical insights
- No measurable way to track emotional consistency
- Wants deeper pattern recognition
- Prefers technology-backed recommendations

Goals:

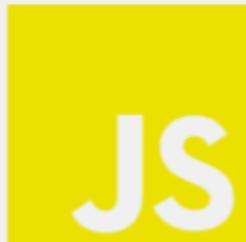
- Quantify emotional trends
- Compare mood ratings with AI sentiment analysis
- Identify emotional volatility
- Optimize overall mental performance

TECHNOLOGIES

FRONT END



React



BACK END



FastAPI



uvicorn



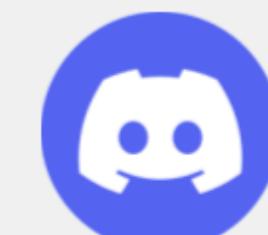
Hugging Face

DATABASE

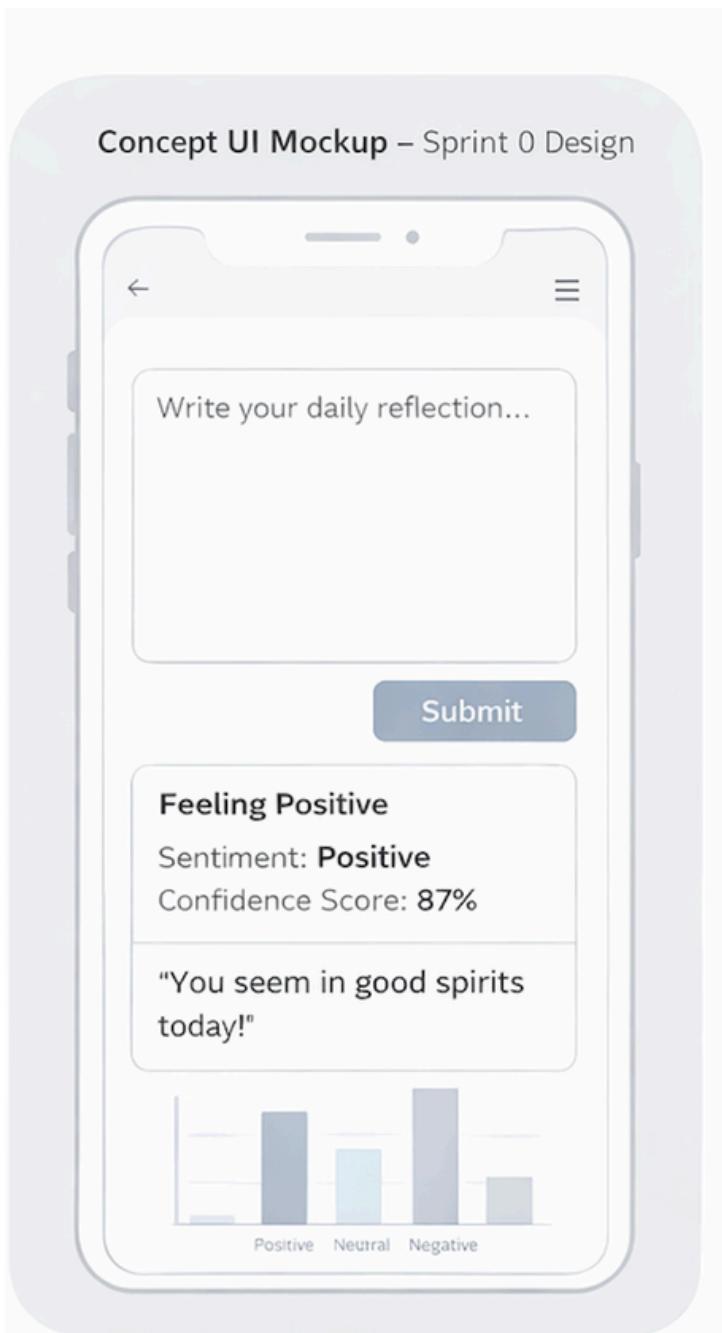


mongoDB®

TOOLS



Canva



🛠️ MVP



An AI-powered journaling application with real-time emotional analysis and visual mood tracking.

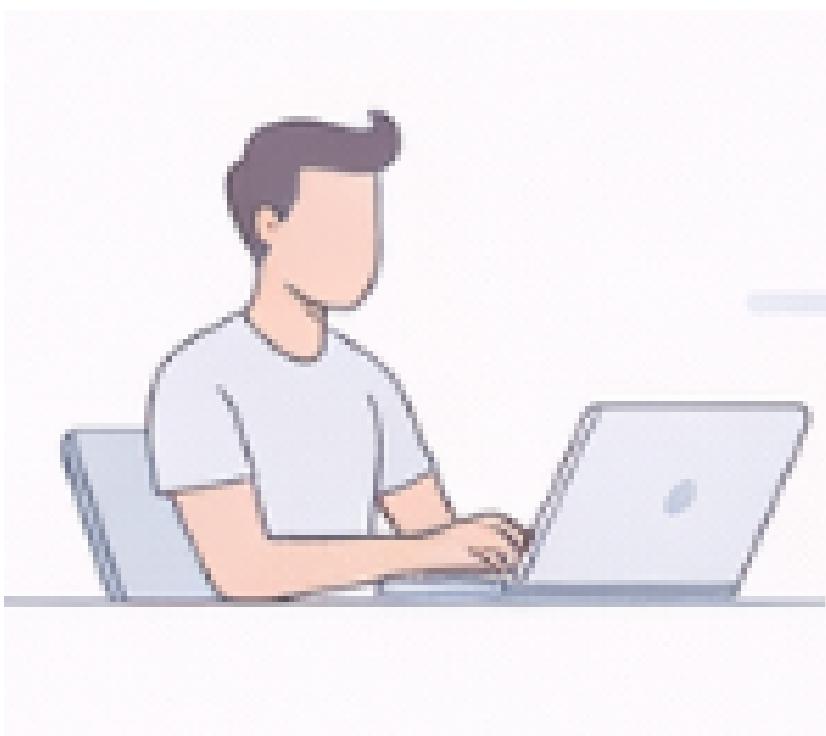
- Real-Time Sentiment Analysis – Journal entries are analyzed instantly using an NLP model.
- Mood Classification System – Each entry is labeled as Positive, Neutral, or Negative.
- Confidence Score Display – Shows the model's certainty level for each classification.
- Immediate Mood Feedback – Provides short, supportive emotional insights after analysis
- Visual Mood Distribution – Displays a basic chart showing mood trends over time.
- Local Entry Persistence – Saves journal entries locally for later review (MVP scope).





Components

- Journal Input Manager : Handles user journal entry input and submission through the web interface.
- Backend API Manager : Manages HTTP requests and communication between frontend, sentiment model, and database.
- Sentiment Analysis Manager : Processes journal text and classifies sentiment (Positive / Neutral / Negative).
- Confidence Scoring Module: Extracts prediction probability scores from the DistilBERT output.
- Mood Feedback Generator: Converts sentiment results into short, supportive emotional insights.
- Data Persistence Layer : Stores journal entries, sentiment labels, confidence scores, and timestamps.
- Mood Visualization Manager: Retrieves stored data and generates mood distribution charts over time.



PROJECT SCHEDULE



- Define project vision
- Create personas
- Select technologies
- Set up GitHub & Jira
- Prepare presentation
- Journal input UI
- Sentiment API integration
- Mood classification display
- Basic visualization
- Conduct retrospective
- Trend tracking
- Dashboard improvements
- Performance enhancements
- Conduct retrospective
- Optimization
- Deployment
- Final documentation
- Technical paper submission
- Conduct retrospective

COMMUNICATION PLAN

- Primary instant meeting platform: WhatsApp
- Video Meeting: Discord

Team members are expected to:

- Communicate respectfully and professionally
- Respond to messages within a reasonable time frame (ideally within 24 hours)
- Share progress updates, blockers, and concerns openly
- Use the agreed communication tools for all project-related discussions

MEETINGS & AVAILABILITY

The team will hold three regular sync meetings per week:

- Sunday: 10:00 AM • Tuesday: 6:30 PM • Thursday: 9:00 PM

Additional meetings may be scheduled as needed based on sprint requirements. Expectations:

- All members should attend scheduled meetings
- If unable to attend, members must notify the team in advance
- Meeting notes and action items will be documented and shared

TASK MANAGEMENT

- Task tracking tool: Jira

All project tasks will be:

- Clearly defined and assigned
- Tracked through Jira
- Updated regularly to reflect progress
- Completed before agreed internal deadlines

CONFLICT RESOLUTION

In the event of conflict:

1. The concerned party should first express the issue to the team openly and respectfully
2. The team will attempt to resolve the issue collaboratively
3. If unresolved, the issue will be escalated to the Team Leader / Scrum Coordinator
4. Further escalation (e.g., to the instructor) will be considered only if necessary

WORK EXPECTATIONS & DEFINITION OF DONE

Each task is considered “Done” when:

- It meets the agreed acceptance criteria
- It is reviewed by at least one other team member (when applicable)
- Code runs without critical errors
- Relevant documentation is updated
- Changes are committed to the shared repository

Team members are responsible for:

- Completing assigned work on time
- Communicating blockers early
- Supporting teammates when needed

RETROSPECTIVE

WHAT WENT WELL

Clear alignment on project direction.

Open participation during brainstorming

Clear project alignment

WHAT COULD BE IMPROVED?

Meetings exceeded time limits

Deliverables need stronger tracking

Engagement consistency across tasks

ACTIONS FOR NEXT SPRINT

Implement structured meeting agenda + rotating timekeeper

Introduce paired ownership model for deliverables

Define engagement accountability expectations

WIKI PAGE LINK



Team Nexus

THANK YOU

17 Feb, 2026