Daily Stoic Project

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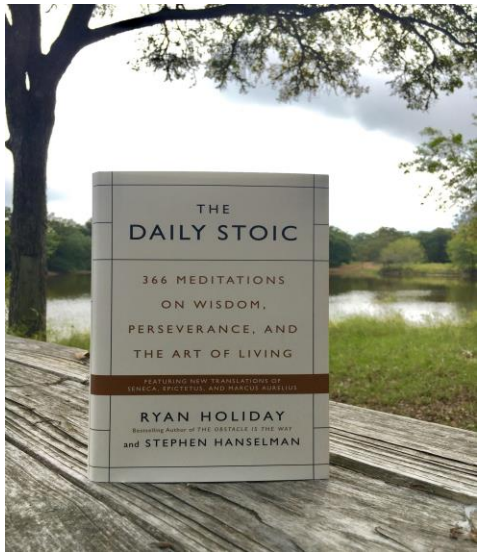
Problem Statement

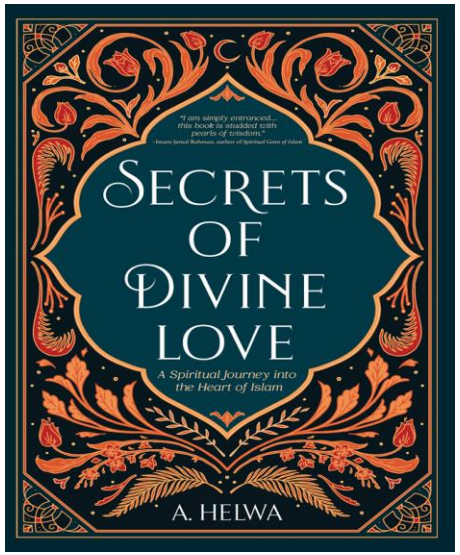
- Students and individuals face numerous stressors daily, including academic pressure, social expectations, and personal challenges.
- Many struggle to find effective ways to cope time and paradox of choice.
- Existing productivity and mindfulness apps may lack specific features tailored to Stoic&Kaizen principles and practices.

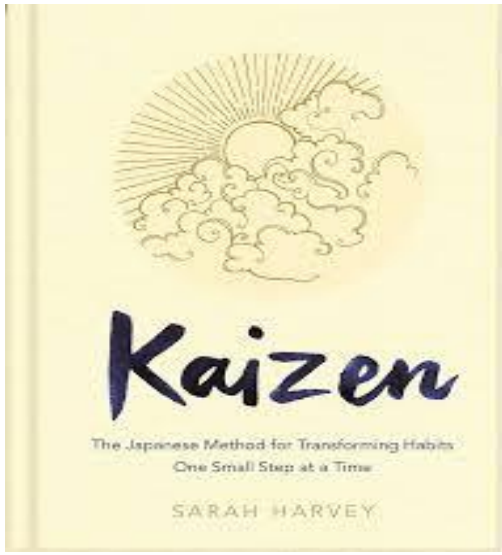
Addressed Solution

Daily Stoic *addresses these challenges and provide users with a comprehensive tool for integrating Kaizen, Stoicism, and Hadith*

The app will serve as a reminder and guide, offering practical exercises, quotes, and insights from Stoic thinkers to help users navigate difficulties with resilience and wisdom.







DailyStoicApp isn't just another collection of random quotes and affirmations—it's a catalyst for growth, blending the wisdom of Kaizen, Stoicism, and Hadith into a powerful tool for self-improvement.

Wisdom in Unity

Kaizen: Japanese philosophy of continuous improvement, recognizing that small, consistent steps lead to profound change. By infusing this mindset through kaizen steps into our app, users are encouraged to embark on a journey of gradual and impactful growth

Stoicism: Stoic philosophy provides timeless wisdom on resilience, virtue, and acceptance of life's challenges. Through Stoic teachings, our app equips users with the mental fortitude and to focus on what lies within their control, fostering inner peace and fulfillment amidst life's uncertainties.

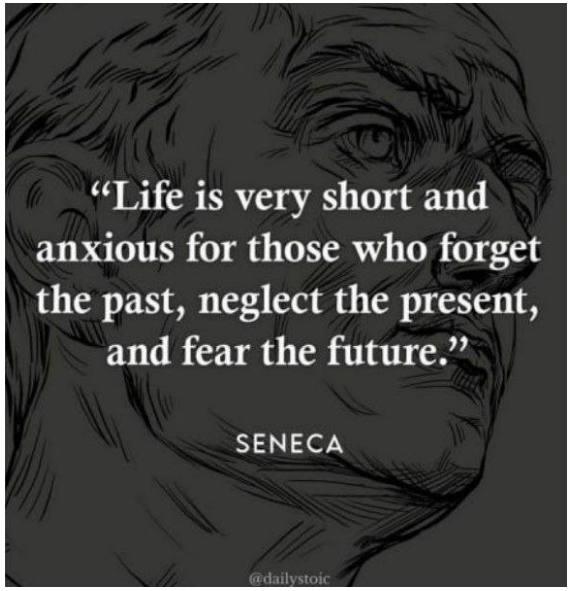
Hadith: It offers profound insights into morality, spirituality, and human behavior. By incorporating Hadith teachings by Rumi, Bukhari our app provides users with ethical guidance and spiritual nourishment, promoting values of compassion, humility, and mindfulness in their daily lives.

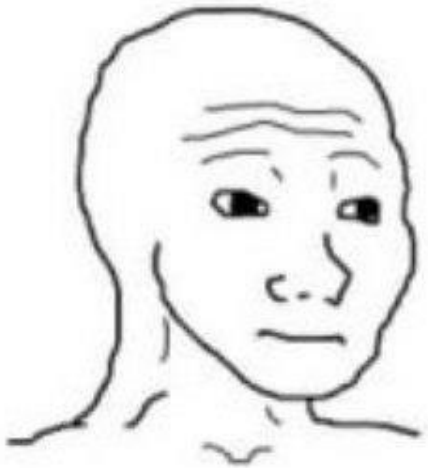
Little by little,
a little becomes

a lot.

Consistency compounds.

JIM KWIK





What if they laugh at me? What if I fail? What if...what if...what if?

“We suffer more in imagination than in reality.” Seneca

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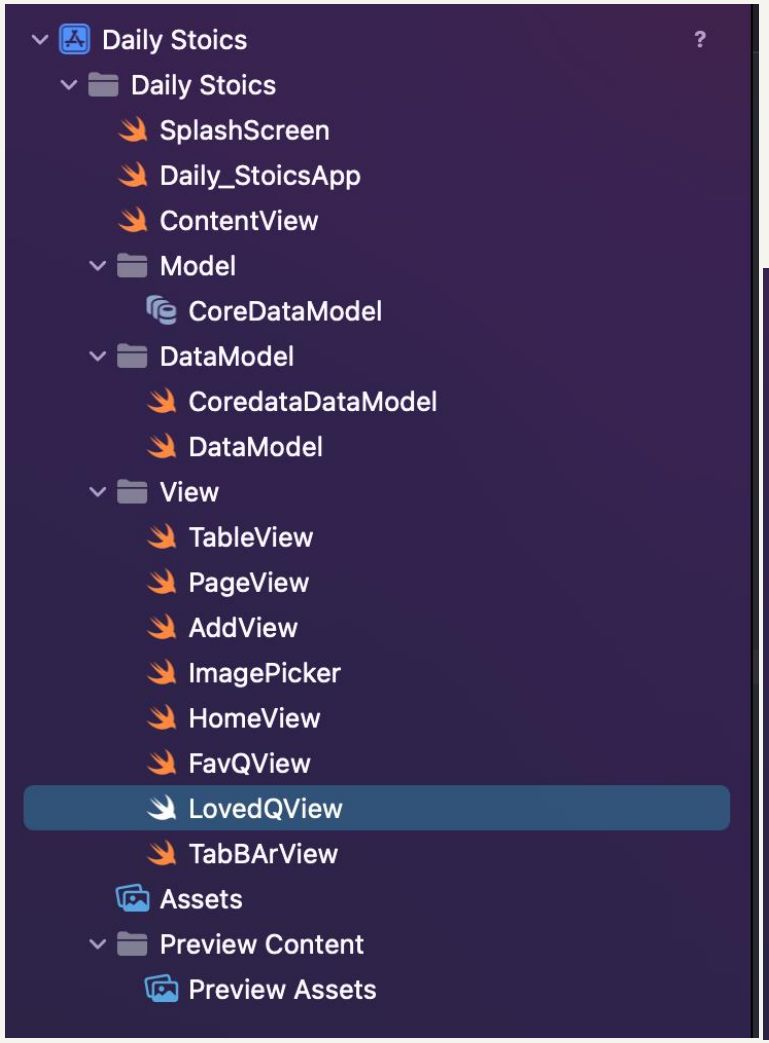
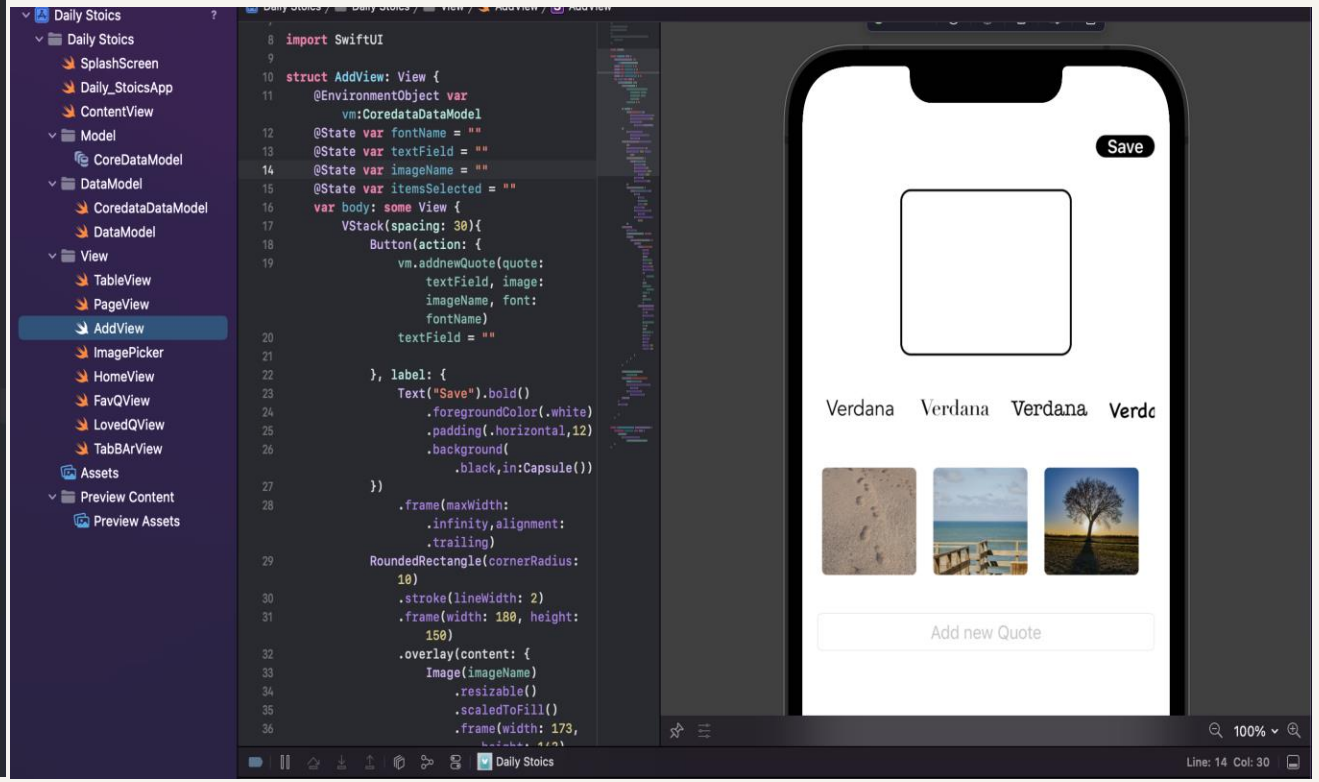
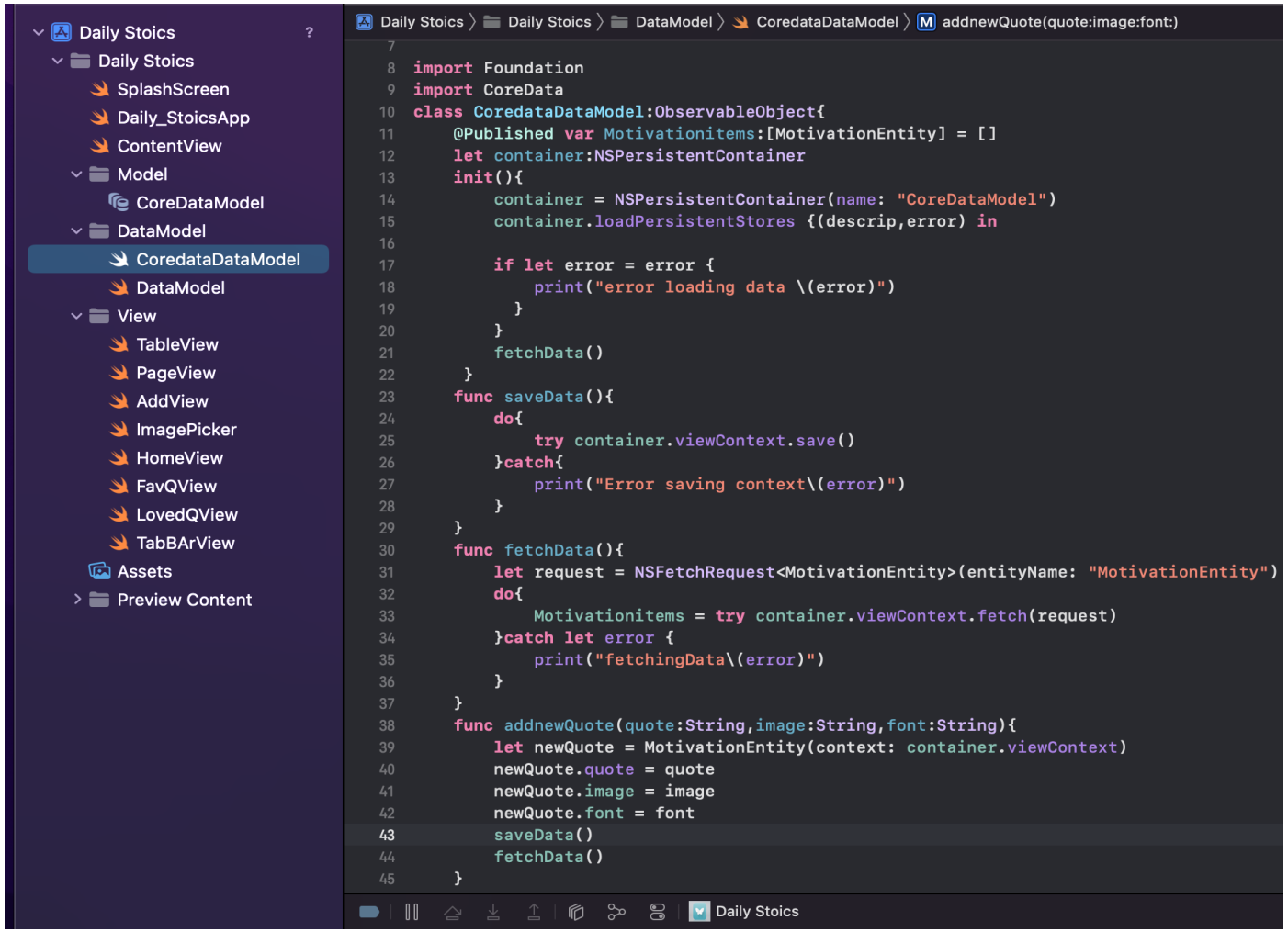
Tools Used



Our app is crafted using SwiftUI andUIKit, to ensure smooth and intuitive user interactions. Built with Xcode and Swift 5.1



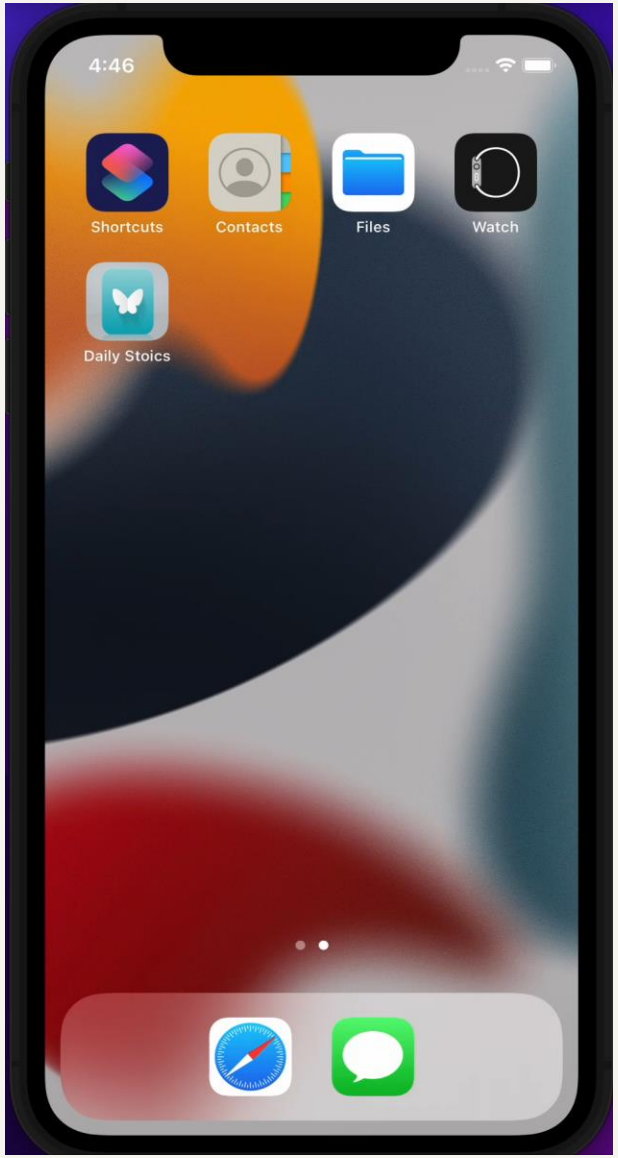


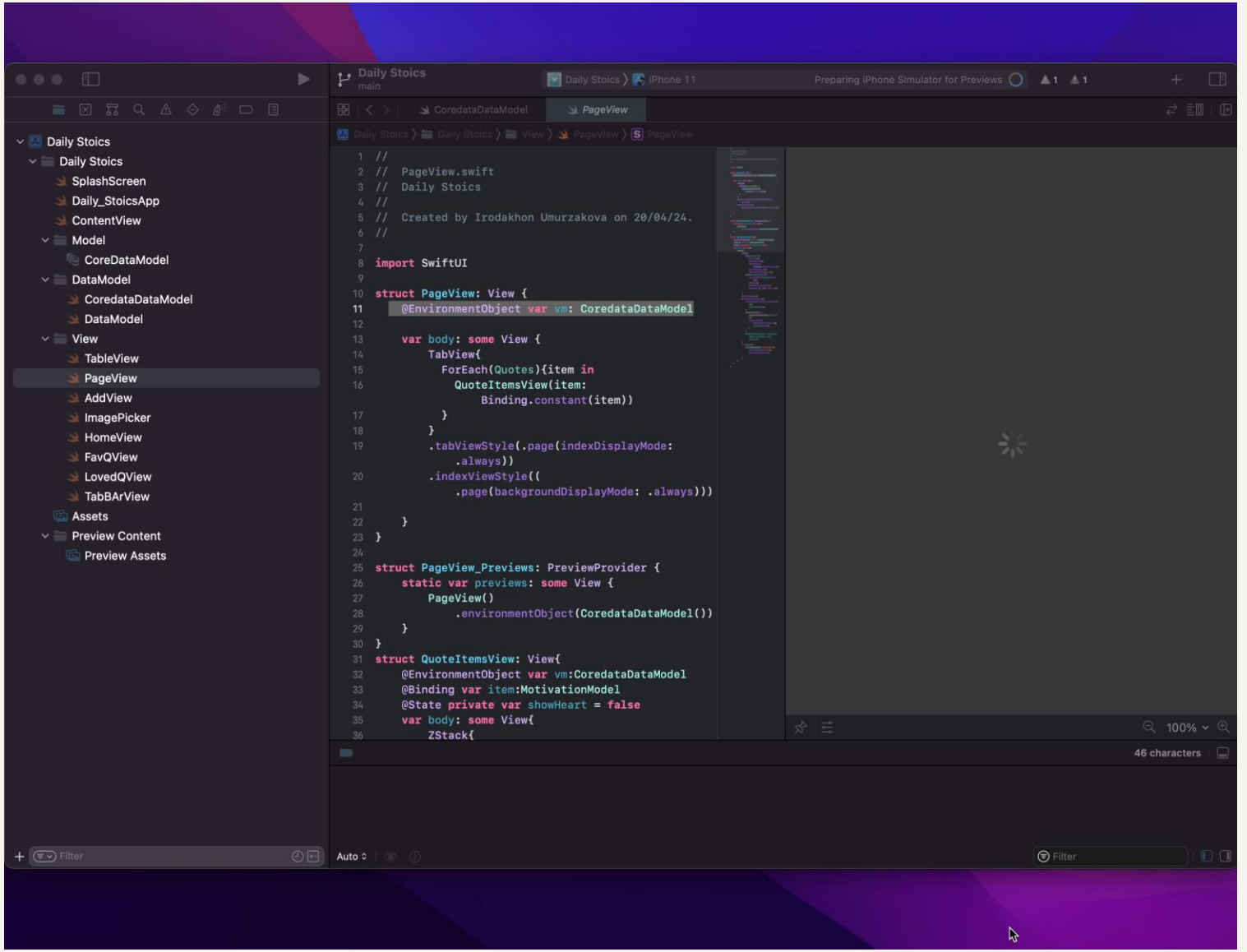
Database Design Schema

The backend foundation rests upon **iOS Core Data Model**. Core Data is a powerful framework provided by Apple for managing the model layer objects in software application. It offers a unified way to persist data in the app and provides a high-level object-based interface, making it easier to manage complex data relationships.

Why using Core Data?

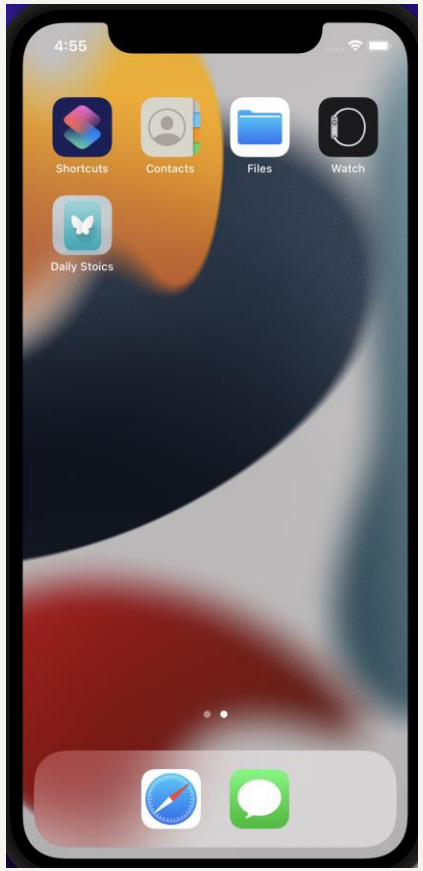
- **Efficiency:** Core Data efficiently manages object graphs and relationships, ensuring optimal performance for data-intensive applications like ours.
- **Offline Capabilities:** With Core Data, our app can seamlessly operate offline, providing uninterrupted access
- **Integration:** Core Data seamlessly integrates with SwiftUI, facilitating smooth data flow and synchronization within our app's user interface.

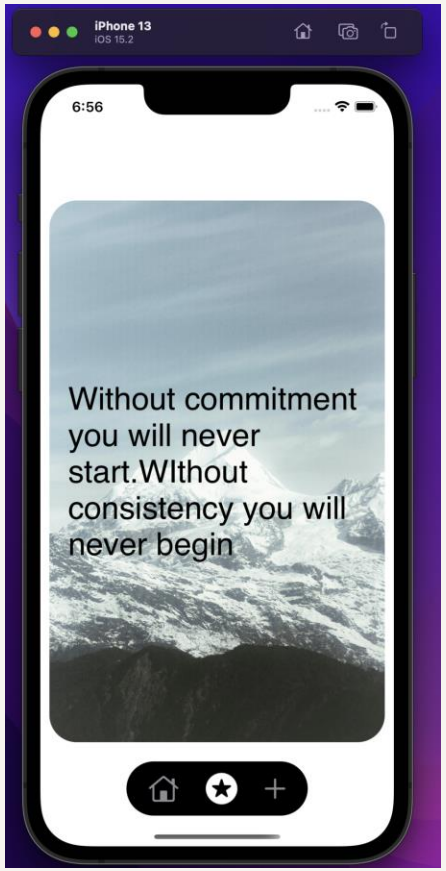

4:46
Shortcuts
Contacts
Files
Watch
Daily Stoics

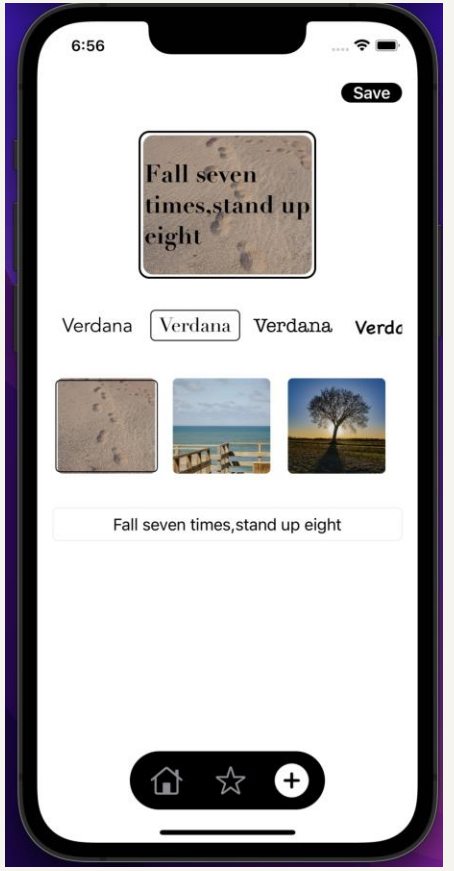

Daily Stoics
main
Daily Stoics 〉 iPhone 11
Preparing iPhone Simulator for Previews
CoredataDataModel
PageView
Daily Stoics
Daily Stoics
SplashScreen
Daily_StoicsApp
ContentView
Model
CoreDataModel
DataModel
CoredataDataModel
DataModel
View
TableView
PageView
AddView
ImagePicker
HomeView
FavQView
LovedQView
TabBArView
Assets
Preview Content
Preview Assets
//
// PageView.swift
// Daily Stoics
//
// Created by Irodakhon Umurzakova on 20/04/24.
//
import SwiftUI
struct PageView: View {
@EnvironmentObject var vm: CoredataDataModel
var body: some View {
TabView{
ForEach(Quotes){item in
QuoteItemsView(item:
Binding.constant(item))
}
}
.tabViewStyle(.page(indexDisplayMode:
.always))
.indexViewStyle((
.page(backgroundDisplayMode: .always)))
}
}
struct PageView_Previews: PreviewProvider {
static var previews: some View {
PageView()
.environmentObject(CoredataDataModel())
}
}
struct QuoteItemsView: View{
@EnvironmentObject var vm:CoredataDataModel
@Binding var item:MotivationModel
@State private var showHeart = false
var body: some View{
ZStack{
100%
46 characters
Filter
Auto
Filter

How it works?

- This app will allow a user to browse, like, create one's own by selecting specific features







SQL Database

PostgreSQL | PostgreSQL.1 | PostgreSQL.2 | Postg

```sql
-- Create Quotes table
CREATE TABLE Quotes (
    quote_id INT PRIMARY KEY,
    text VARCHAR(255),
    author VARCHAR(100),
    category_id INT,
    FOREIGN KEY (category_id) REFERENCES Categories(category_id
);
```

PostgreSQL.1 | PostgreSQL.2 | PostgreSQL.3

```sql
-- Create UserPreferences table
CREATE TABLE UserPreferences (
    user_id INT PRIMARY KEY,
    category_id INT,
    notification_preference BOOLEAN,
    FOREIGN KEY (category_id) REFERENCES Categories(cate
);
```

PostgreSQL.1 | PostgreSQL.2 | PostgreSQL.3 | Post

```sql
-- Create Categories table
CREATE TABLE Categories (
    category_id INT PRIMARY KEY,
    NAME VARCHAR(100)
);
```

PostgreSQL.1 | PostgreSQL.2 | PostgreSQL.3 | PostgreSQL.4 | PostgreSQL.5

```sql
-- Insert data into Quotes table
INSERT INTO Quotes (quote_id, text, author, category_id) VALUES
(1, 'The only way to do great work is to love what you do.', 'Steve Jobs', 1),
(2, 'Love is composed of a single soul inhabiting two bodies.', 'Aristotle', 2),
(3, 'Believe you can and you're halfway there.', 'Theodore Roosevelt', 3),
(4, 'The only way to get rid of a temptation is to yield to it.', 'Oscar Wilde', 4);
```

PostgreSQL.1 | PostgreSQL.2 | PostgreSQL.3 | PostgreSQL.4 | PostgreSQL.5

```sql
-- Insert data into UserPreferences table
INSERT INTO UserPreferences (user_id, category_id, notification_preference) VALUES
(1, 1, true),
(1, 3, true),
(2, 2, true),
(2, 4, false);
```

Features to be added

-User Login
-App Notifications(Daily Kaizen reminders)
-In-app purchases
-Robust search component by categorized selection
-Using the API of https://dailystoic.com/
-DailyStoic Community
-List of self-help books
-Daily Challenges
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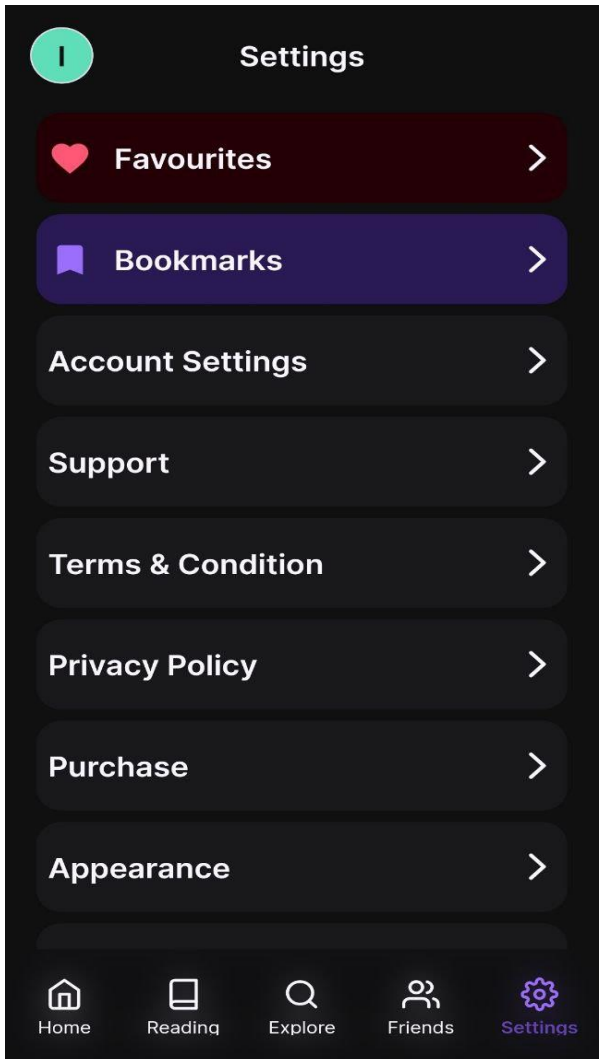

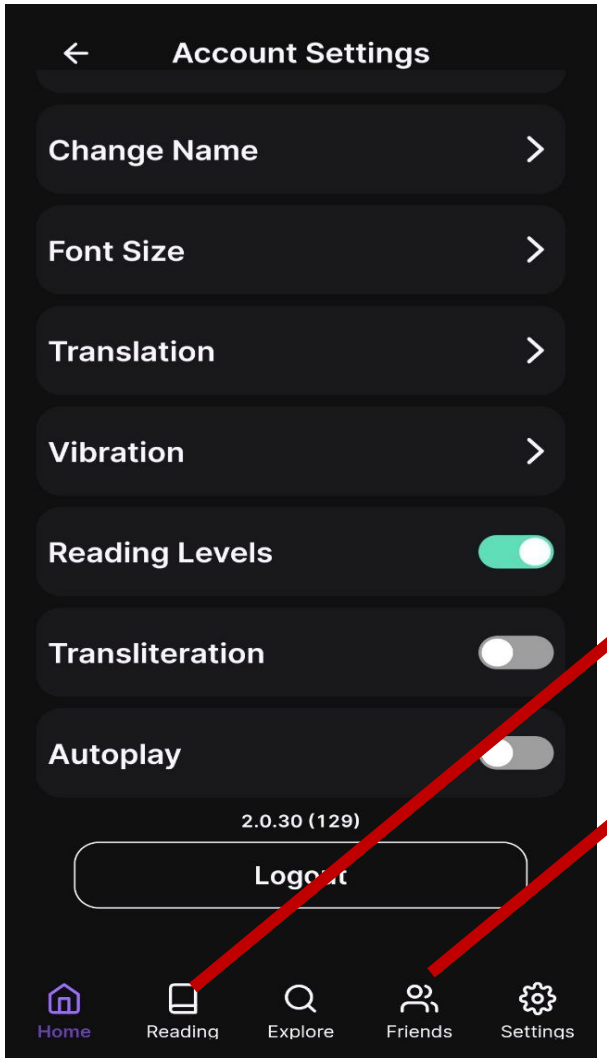

Settings' Features

Download suggested books

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Collaborations with

Seeking Android/iOS Developers

We're seeking collaborations with dedicated software developers to bring our project to life. If you're a passionate Android/iOS developer, reach out to us at :

umurzaqovairoda111@gmail.com