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# GoalBot

-AI-Powered Journaling Companion



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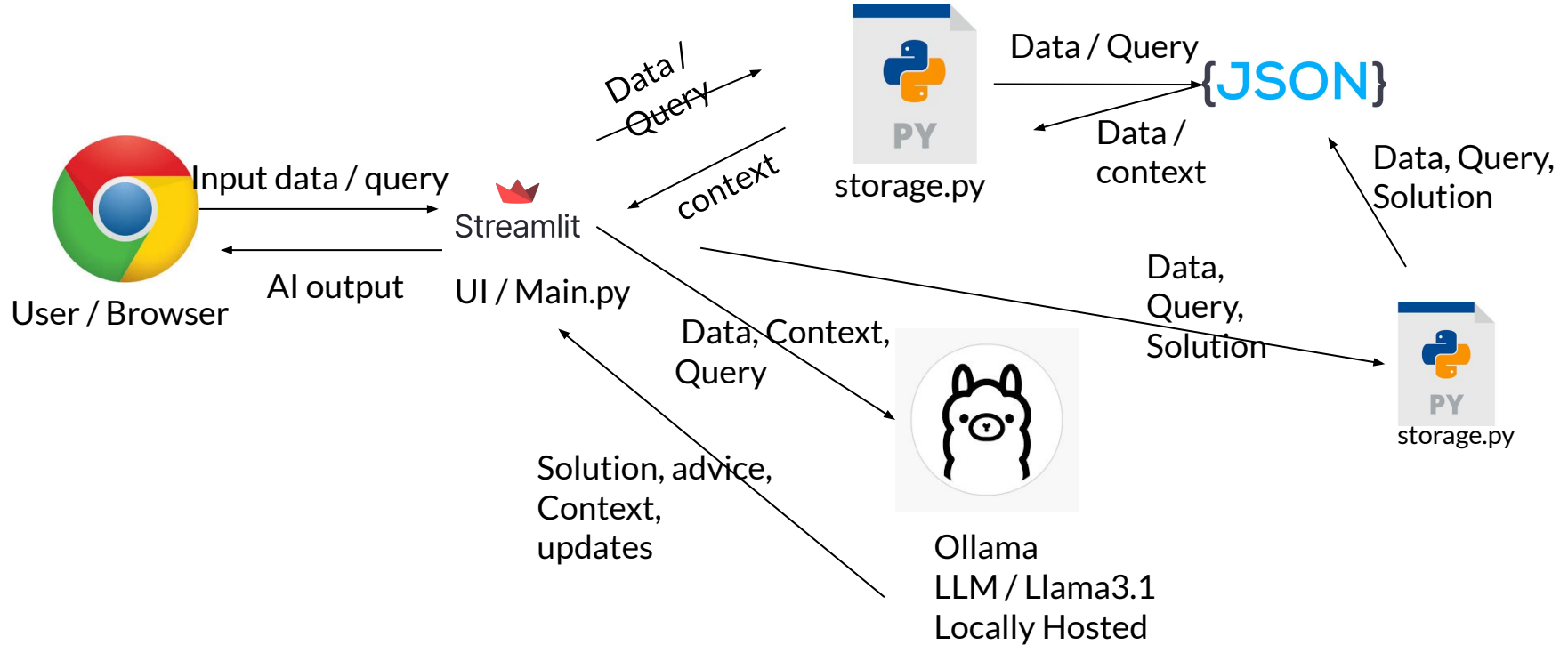
# Problem statement

While the mental health benefits of journaling are well-documented, many people struggle to maintain a consistent practice. They face "blank page" anxiety, don't know what to write about, and find it difficult to reflect on past entries to identify meaningful patterns in their thoughts, emotions, and behaviors. As a result, the journal becomes a log of events rather than a tool for growth.

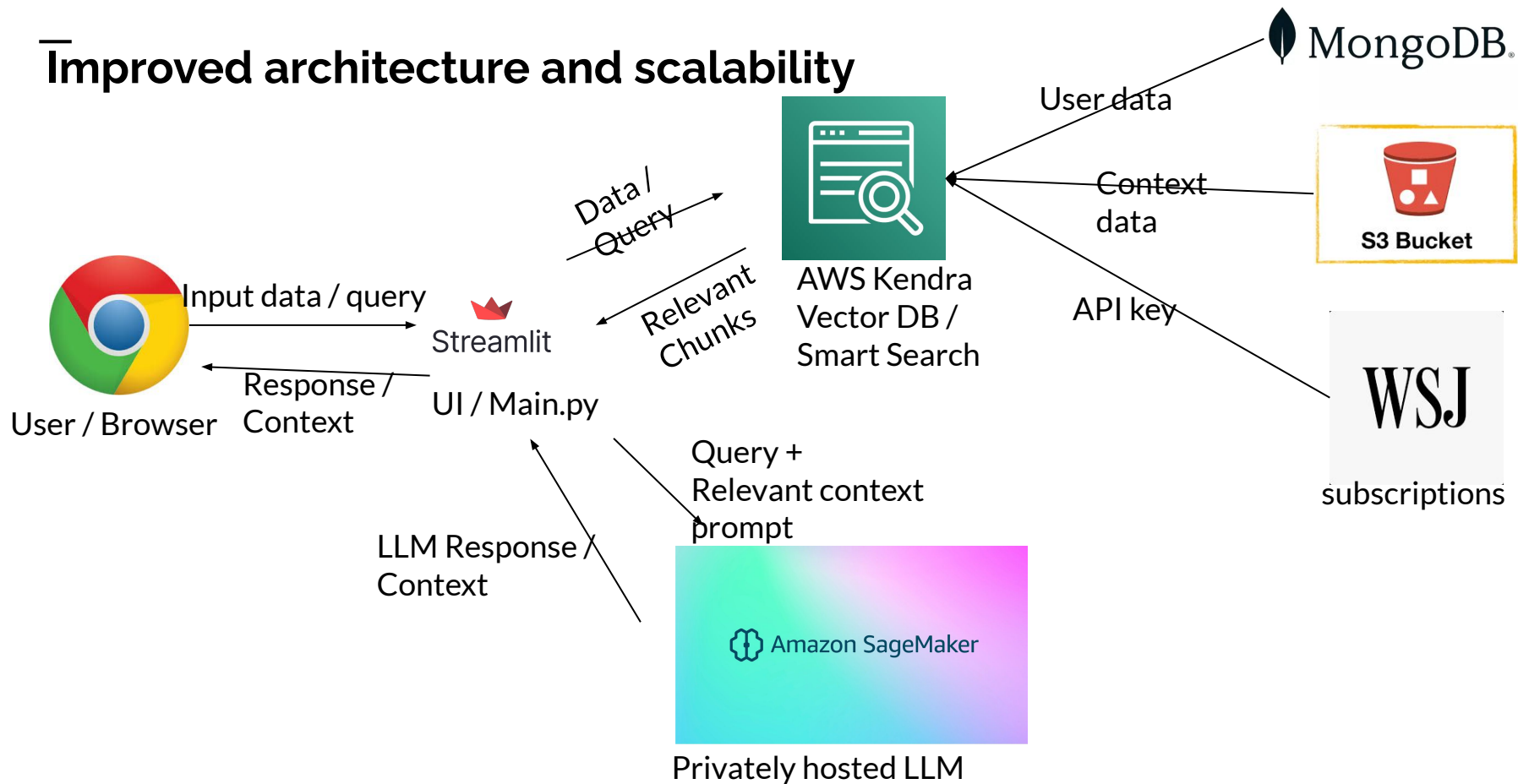
# Solution

- Build an AI-powered chatbot that leverages generative AI and personalized insights
  - Provide instant, reliable, and highly relevant assistance
  - Boost productivity and goal achievement through intelligent tracking and insights
  - Ensuring robust data privacy and security at every layer
  - Help users continuously improve by evolving with their daily habits and behaviors
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# Architecture



# Improved architecture and scalability



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# Key Learnings

## **Good answers depend on good context**

The quality of responses came down to choosing the right goal history and keeping inputs focused and relevant.

## **People only trust tools that remember and don't break**

Reliable data storage and handling edge cases were critical for making the app feel dependable over time.

## **Privacy and transparency can be built in from the start**

Keeping everything local and logging AI interactions showed that user data can stay private without sacrificing usefulness.

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