Mental Wellness Tracker:

- **Purpose:** Helps users track their mental state over time and correlate activities with their sense of achievement and fulfillment.

**- Features:**

- Daily mood logging with quick emoji-based input.

- Activity tracker where users can log activities believed to contribute to their sense of achievement (like meditation, exercise, work milestones).

- Reflection journal for users to note thoughts on their path to fulfillment.

- Simple analytics to correlate activities with mood changes.

- Tips section with daily inspirational quotes or advice on achieving a balanced state of consciousness.

**Why we need this:**

- Has real-world applicability for mental health.

- Potential for further development or research study.