

The background is a deep navy blue, representing a night sky. It is sparsely populated with small, bright white and yellow stars. Several constellations are faintly outlined with thin white lines, connecting the stars. These include a large constellation on the left, a smaller one at the top center, and a few others on the right and bottom right. The overall effect is a serene and cosmic atmosphere.

Constellate

Where conversations form constellations of meaning.

“

“Life is never made unbearable by circumstances, but only by lack of meaning and purpose.”

– Viktor Frankl (1946, *Man's Search for Meaning*)

The Modern Disconnection Paradox

We live in a hyper-connected world that leaves people feeling more disconnected than ever.

The Context

People spend **60% more time** on devices than a decade ago while reporting record loneliness, highlighting the disconnect between connectivity and emotional well-being, as noted by the OECD (2023).

The Tension

Productivity pressures create **cognitive overload**, limiting our mental space for meaningful interactions and transforming conversations into transactional exchanges, which diminishes authentic connection and increases feelings of isolation.

The Opportunity

There is a **growing desire** for depth, meaning, and belonging; technology can enhance these connections when designed with intention, offering pathways to foster genuine relationships rather than replacing them.

1. OECD (2023) How's Life? Measuring Well-being. <https://www.oecd.org/statistics/how-s-life.htm>

2. Gallup (2023) State of the Global Workplace. <https://www.gallup.com/workplace/>

The Psychological Problem

Why Reflection Matters

Meaningful Connections

Flourishing in life is rooted in **authentic relationships**. However, modern living often neglects these connections, leading to a lack of emotional depth and genuine interaction.

Engaging with Purpose

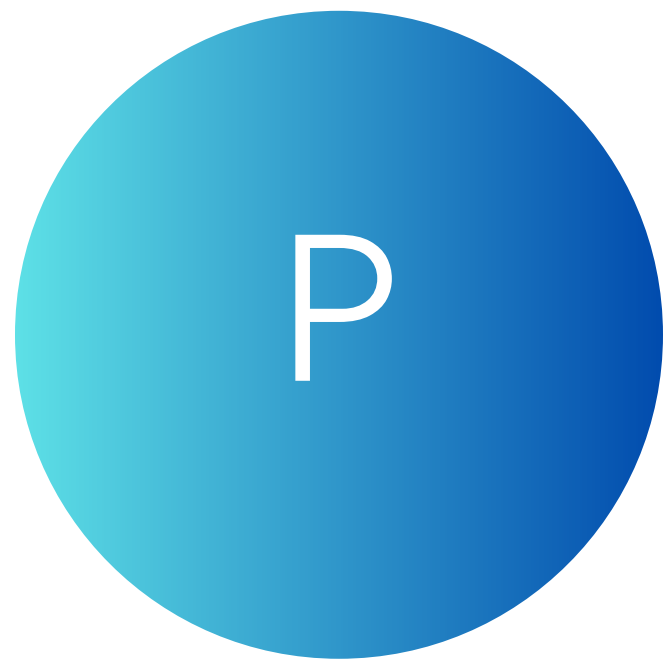
Positive psychology emphasizes that well-being emerges through **meaningful engagement**. Yet, our fast-paced lives frequently sideline activities that foster reflection and purposeful dialogue, stifling personal growth.

Reflective Practices

Incorporating structured reflection enhances emotional regulation, empathy, and clarity of purpose. Such practices enable individuals to cultivate deeper insights and improve their overall psychological well-being.

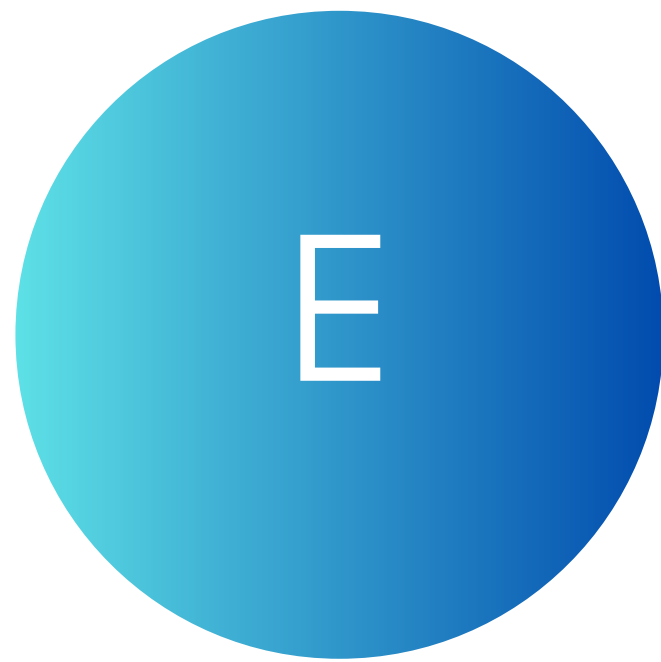
The Psychology of Flourishing (PERMA)

Constellate primarily enhances Relationships and Meaning — core pillars of human flourishing.



Positive Emotion

Feel good



Engagement

Be absorbed



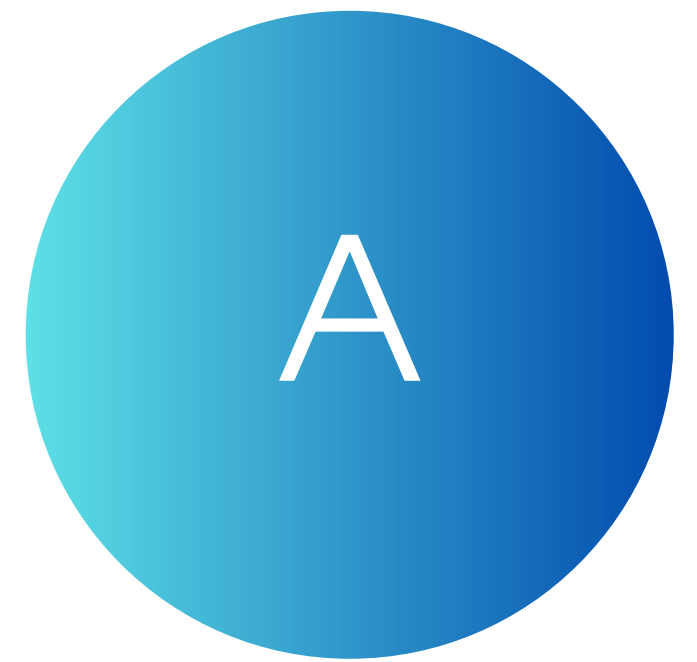
Relationship

Connect deeply



Meaning

Find purpose



Accomplishment

Achieve goals

The Constellate Experience

Discover how Constellate fosters connection

Structured Reflection

Constellate offers **structured reflection prompts** inspired by positive psychology, guiding users to explore their thoughts and emotions, leading to deeper insights and personal growth.

Curiosity and Empathy

By encouraging exploration, Constellate **builds habits** of curiosity and empathy, enhancing interpersonal understanding and fostering meaningful connections among users and their communities.

Genuine Connection

Constellate **transforms technology** into a medium for genuine connection, enabling users to engage authentically, share experiences, and create bonds that transcend digital interactions.

Functional overview

Core gameplay functions and logic summary

Mode selection

Players choose Solo Reflection or Group Play, both enabled from a single device.

Mode flexibility

Users can switch between Random Mode and Galaxy Mode at any point during a session.

Galaxy (Theme) selection

Users select a Galaxy (topic category such as Gratitude, Courage, Connection) or choose Random Mode to receive mixed prompts.

Solo reflection tools

In solo play, users can write notes or record voice reflections in response to each prompt.

Question logic

Each galaxy contains multiple reflective prompts ("stars"). The app serves up to two prompts per galaxy per session and prevents repetition until all have been used.

Group play flow

In group play, the device is passed between participants. Each person reflects on or discusses their prompt before continuing.

User journey

Sequential overview of gameplay experience

