

9:41



Shanti



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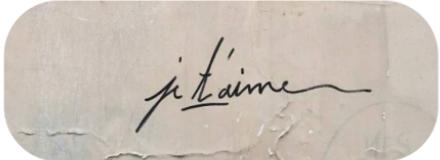
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Mindy Smith

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Insights

May

Mo	Tu	We	Th	Fr	Sa	Su
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

 Overall Mood 

Daily Entry

Today brought a smile to my face because I accomplished a challenging task at work, and later, I spent quality time with loved ones, creating precious memories that filled my heart with happiness.



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Insights



Monthly Mood Breakdown

●	Happy	15%
●	Relaxed	30%
●	Angry	15%
●	Depressed	30%
●	Energized	10%



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Hello! I'm Shanti, here to explore the tapestry of your emotions. Share your feelings, and let's navigate your mindscape together.

Hi Shanti.

Today was a complicated day. I'm having a hard time processing it...

I'm here for you. It sounds like today has been challenging. Take your time, and feel free to share more when you're ready. We can navigate through these complexities together.

Message here...

