

stoic.

stoic.
let's find happiness
in your life



**We believe that
happiness is a
habit
and everyone can
built it**



**We take what
science knows
about happiness**

**Combine it with
wisdom from
ancient
philosophies**

**And make it easy
for you to use**



Happiness is a balance



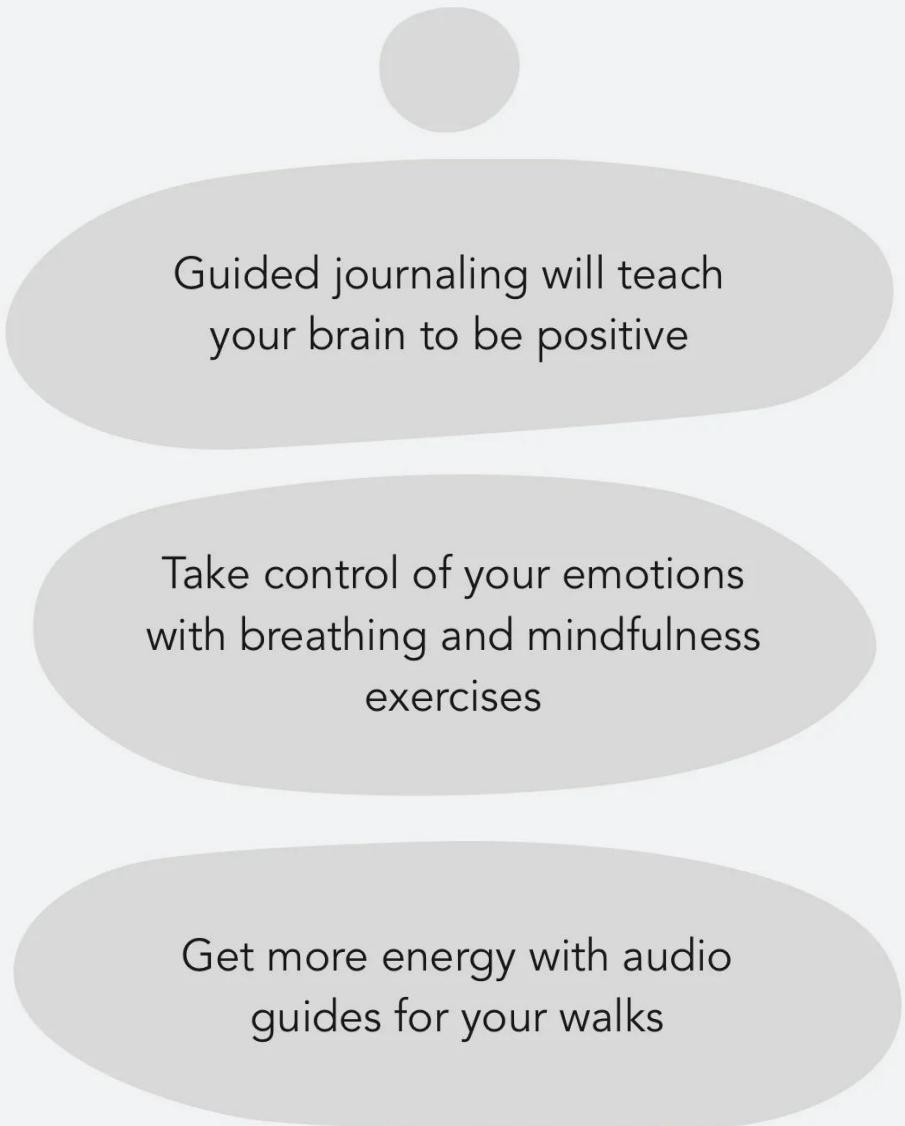
Grateful spirit

Calm mind

Active body



Happiness is a balance and you'll reach it with



Guided journaling will teach
your brain to be positive

Take control of your emotions
with breathing and mindfulness
exercises

Get more energy with audio
guides for your walks



Healthy habits form through consistency

Use stoic as first thing in the morning

Prepare for your day to be more
creative and better control your
emotions

8:00



use reminders

maybe later

S. STOIC

now

Let's start your day

Prepare with stoic to be more creative during the day

Healthy habits form through

cc

"stoic" Would Like to Send You Notifications

Notifications may include alerts, sounds and icon badges. These can be configured in Settings

Don't Allow

Allow

creative and better control your emotions

8:00



use reminders

maybe later

We are preparing the app for you

Customizing exercises



Creating optimal plan



Preparing the first exercise

Yesterday 18384 people said stoic helped them feel better.



We are preparing the app for you

Customizing exercises



Creating optimal plan



Preparing the first exercise



Yesterday 18384 people said stoic helped
them feel better.



**This app is only about you
and your happiness,
it's private and permanent**

It will remain ad-free , and we will never monetize your data - we don't have access to it. Everything stays on your iOS and macOS devices.

To keep it this way, we offer a premium subscription that unlocks more features.

got it

Save 55%

For a great beginning

- ✓ 86% of premium users build better mental health habits quicker
- ✓ Customize the app to your needs
- ✓ Unlock all 50+ exercises, stoic walks and guided journals
- ✓ Backup your data and sync between all your iOS and macOS devices

\$37.99 annually (\$6.99/month)

Try 7 days free, cancel anytime

try free & subscribe

Save 55%

For a great beginning

You're all set.

Your purchase was successful.



OK



Unlock all 50+ exercises, stoic walks
and guided journals



Backup your data and sync between
all your iOS and macOS devices

\$37.99 annually (\$6.99/month)

Try 7 days free, cancel anytime

try free & subscribe

Enter iPhone password for “stoic”
authentication to open stoic.

○ ○ ○ ○ ○ ○

1

2
ABC

3
DEF

4
GHI

5
JKL

6
MNO

7
PQRS

8
TUV

9
WXYZ

0

Cancel

YEARLY

You have stoic premium!

50+ exercises, stoic walks and
guided journals are now unlocked



Customize the app in Your profile
and Personalize



Turn on iCloud sync and backup



Turn on FaceID protection



Thank you for your support!

Thanks to you we can develop stoic and make
taking care of mental health easy and accessible

begin your stoic journey



today.

Prepare for the day

To gain focus and peace

How did you sleep?

18383 stoics journaling today

on gratefulness.



Home



Explore



DAILY JOURNAL



Journey



Trends

What would you miss most if

you woke up tomorrow without it?

begin journaling

— — —



How well did you
sleep today?



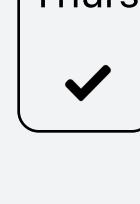
9:41



01



good morning.

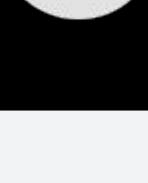
Sun Mon Tue Wed Thurs Fri Sat
14 15 16 17  19 20

WEDNESDAY

Today you
focus on Work
& 2 more.

Sleep 4/5

Evening
Reflection
Sum up your day



DAILY JOURNAL



What kind of tiredness
are there?

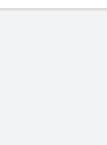
FEATURED & BASED ON YOUR DAY



Unguided
Meditation



Muscle
Meditation

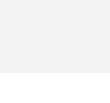
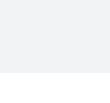
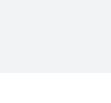


Sleep
Breathing



AFFIRMATION

I don't chase. I attract. What
belongs to me will simply find me.



Home



Explore



Journey



Trends

9:41



More

TODAY, 8:22 AM

morning.

How well did you sleep today?

4/5

What's your main focus for today?

Work, Self care, Learning

Do you feel prepared for your day?

Yes

— — —



How well rested you
feel today?



9:41

●●● ●●●



More

TODAY, 6:22 PM

evening.

How well rested you feel today?

3/5

**How would you describe how you're
feeling today?**

Brave

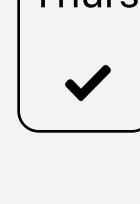
9:41



01



good morning.

Sun Mon Tue Wed Thurs Fri Sat
14 15 16 17  19 20

WEDNESDAY

Today you
focus on Work
& 2 more.

Sleep 4/5

You felt **Brave**.
Energy 3/5

DAILY JOURNAL



What kind of tiredness
are there?

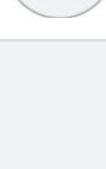
FEATURED & BASED ON YOUR DAY



Unguided
Meditation



Muscle
Meditation

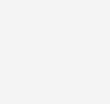


Sleep
Breathing



AFFIRMATION

I don't chase. I attract. What
belongs to me will simply find me.



9:41



Day

Week

Month

Year

Today, 18 Jan



MOOD CHECK-IN

You felt good



REFLECTION

Morning

Sleep 4/5, Work, Self-care,
Learning



MOOD CHECK-IN

You felt good



Home



Explore



Trends



Day

Week

Month

Year

January

14-20 January

Week 3

1 routine



Home



Explore



Trends

9:41



Day

Week

Month

Year

2024

January 2024

1 routine



9:41



Day

Week

Month

Year

2024

1 routine



Home



Explore



+



List



Trends

9:41



trends.

Here you will see how your mood changes
during the year
But there is no data yet to show

How are you feeling right now?

Fill your current mood to add first datapoint to
your trends



GENERAL INSIGHTS

Mood breakdown

Collected from app openings and mood check-in's



Home



Explore





Exercises, quotes and your entries

Morning

During the day

Productivity

Sleep

journal.

breathe.

meditate.

quotes &
affirmations.

FEATURED

Unguided Meditation

Customize sounds and interval chimes
and create a perfect setup for your
meditation habit.

Begin



















What would you miss most if
you woke up tomorrow without
it?

Start writing...



q w e r t y u i o p

a s d f g h j k l



z

x

c

v

b

n

m



123

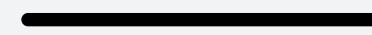
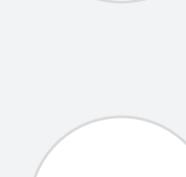
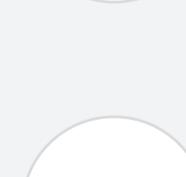
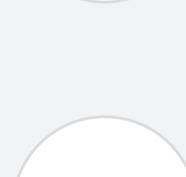
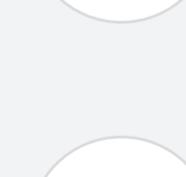
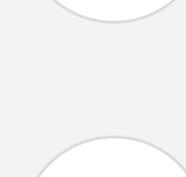
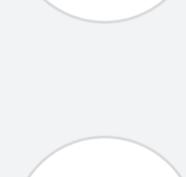
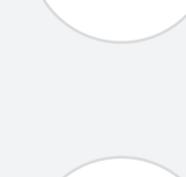
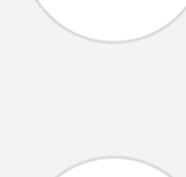
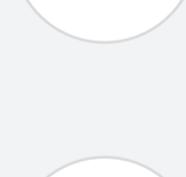
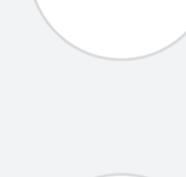
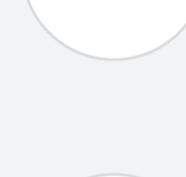
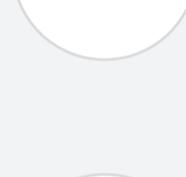
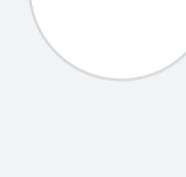
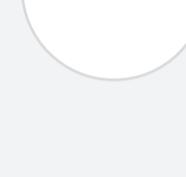
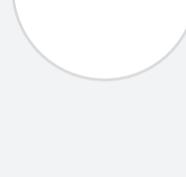
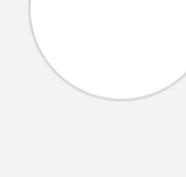
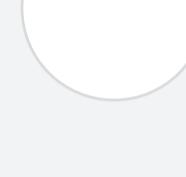
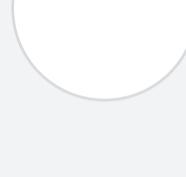
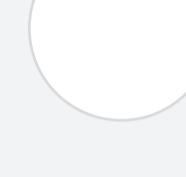
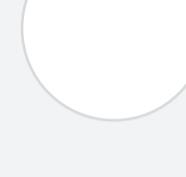
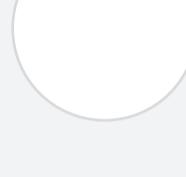
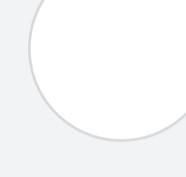
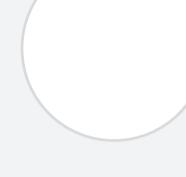
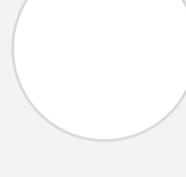
space

return



<

X





What's on your mind
right now?

Start writing...



q w e r t y u i o p

a s d f g h j k l



z

x

c

v

b

n

m



123

space

return



9:41



What kind of tiredness
are there?

Start writing...



q w e r t y u i o p

a s d f g h j k l



z

x

c

v

b

n



123

space

return





— — —



How would you describe how you're
feeling today?



Brave

Satisfied

Proud

Loved

Excited

Calm

Happy

Grateful

Motivated

Relaxed

Show more emotions





— — —



What do you plan to do today?

Start writing...



q w e r t y u i o p

a s d f g h j k l



z

x

c

v

b

n



123

space

return





How would you describe how you're feeling today?



Brave

Satisfied

Proud

Loved

Excited

Calm

Happy

Grateful

Motivated

Relaxed

Tired

Bored

Confused

Distracted

Annoyed

Unmotivated

Lonely

Fine

Stressed

Busy



Angry

Embarassed

Let down

Sad

Anxious

Overwhelmed

Worried

Nervous

Show less emotions

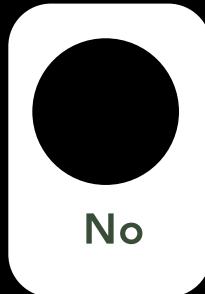




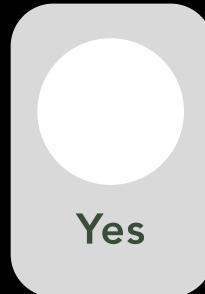
Good job!

You've Completed your morning
Preparation

Do you feel prepared for
your day?



No



Yes

Skip & Finish



— — —



Write a short summary of your day.

Start writing...



q w e r t y u i o p

a s d f g h j k l



123

space

return

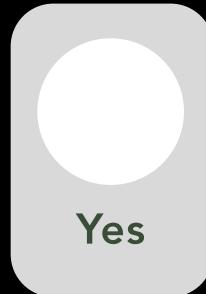
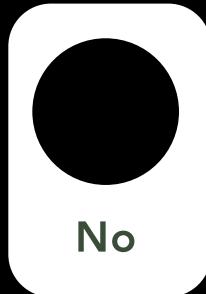




Good job!

You've Completed your Evening Reflection

Do you feel prepared for
the night?



Skip & Finish