

**1**

**Self-Care**

In increasingly busy lives, it's hard to make time for self-care.

**2**

**The Solution**

An app that encourages sharing a moment of self-reflection to foster emotional well-being.

**3**

**Needfinding**

**4**

**Prototype Progression**

**III. Current State**

**IV. Next Steps**

**5**

**Current State**


**6**

**Next Steps**

**7**

**How might we...**

- ...help family members with different faith and religion find core similarities in their beliefs?
- ...provide believers who don't want to go visit temples/churches with concrete and actionable ways of expressing their faith?


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