**Mood Logging Feature**

**Prompts and Questions:**

* Users may receive daily or weekly prompts to inspire writing. These could be questions about feelings, experiences, or goals that encourage deeper reflection.

The interactive journal will allow users to **log their moods** alongside their journal entries. This feature will help users track and identify patterns in their emotions over time. Key aspects of the mood logging functionality include:

* **Mood Selection**: Users can choose from a range of mood options (e.g., happy, sad, anxious, frustrated) to accurately represent how they feel at the time of writing.
* **Emotion Scale**: An optional scale (e.g., 1 to 10) can be included to help users rate the intensity of their emotions, providing deeper insights into their emotional state.
* **Mood Tracking Graphs**: Users will have access to visual representations (graphs or charts) of their mood trends over time, making it easy to see fluctuations and patterns.
* **Prompts for Reflection**: After logging their mood, users may receive prompts encouraging them to reflect on the reasons behind their emotions, facilitating greater self-awareness.
* **Correlating Entries**: Users can view their mood alongside past entries to identify triggers or recurring themes, helping them better understand what influences their emotional well-being.
* **Exporting Data**: Users might have the option to export their mood logs and journal entries for sharing with mental health professionals if desired.

**Benefits**

* **Self-Awareness**: Regular mood logging encourages users to reflect on their emotional states, leading to increased self-awareness and understanding.
* **Pattern Recognition**: Identifying patterns in mood changes can help users recognize triggers and develop coping strategies for managing their emotions.
* **Support for Mental Health**: This feature can enhance the overall therapeutic value of journaling, promoting better mental health management.