DAILY REFLECTION SURVEY SYSTEM

DESIGNTK 531 MIDTERM STEPHANIE SORTO-MORENO

Demo

User selects an emotion

Al generates a reflection

User responds, and AI provides deeper follow-ups.

question

After 3 reflections, the emotion is marked as completed

User can explore another emotion or finish the survey

Al Prompting Logic:

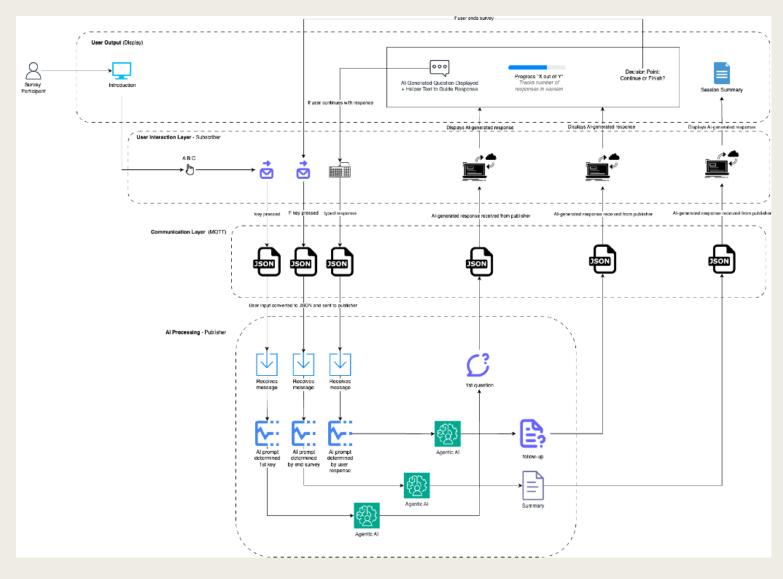
Step 0: Emotion Selection – Acknowledges the user's choice and sets the stage for reflection.

Step 1: Storytelling Prompt – Encourages elaboration by prompting users to describe their experience.

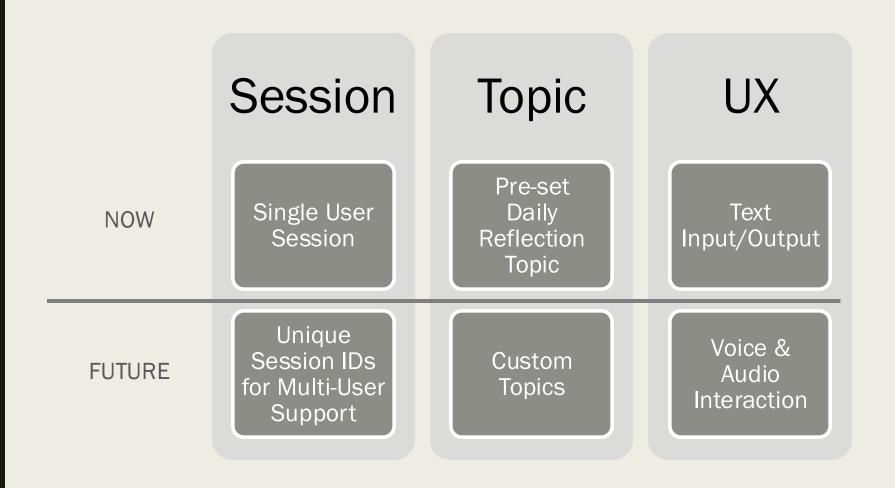
Step 2: Deepening Reflection – Expands emotional awareness by connecting past experiences and identifying patterns.

Step 3: Reflection for Emotion Completed

Systems Diagram



Scalability



Future

4- ART DIRECTION FOR SURVEY BOX

