

# Nomi: AI-Powered Journaling Companion

Nomi (pronounced know-me) is a journaling companion that aims to make self-reflecting an effortless habit. Many people struggle with identifying meaningful patterns in past entries which reduces the benefits of journaling. Nomi helps provide prompts and insights into emotional patterns so users can get a better understanding of themselves. Whether you are a beginner or busy professional, Nomi is there to guide and encourage healthy journaling habits.

## Design

### Key Features

#### 1. Dynamic AI Prompts

- Context-aware prompts based on your recent entries
- Empathetic questions that adapt to your journaling patterns
- Fresh prompts on demand to spark reflection

#### 2. Private Storage

- All data stored locally
- No external databases or cloud storage
- Thoughts stay completely private

#### 3. Intelligent Insights

- AI-powered sentiment analysis
- Identifies recurring themes and emotional patterns
- Provides encouraging, non-judgmental reflections
- Visual dashboard of your emotional journey

#### 4. Easy to Use

- Clean, distraction-free interface
- Three intuitive views: Write, History, Insights
- Character counter and date selection to encourage daily use

## How It Works

1. **Write View:** AI generates personalized prompts based on your history. Write freely in a distraction-free environment.
2. **History View:** Review past entries organized by date.
3. **Insights View:** Click to analyze entries and discover:
  - Overall sentiment trends
  - Dominant emotions
  - Recurring themes
  - Behavioral patterns
  - Personalized encouragement

## Tech Stack

Frontend (UI): React + Tailwind + Lucide React

- For users to type entries, click buttons, select icons, and navigate the app

Development & build: Vite

- Used for testing and deploying the app

AI integration: Claude AI (Sonnet 4)

- Provides prompts and insight analysis

Deployment: Vercel

- For Serverless Functions

Languages used: JavaScript, CSS, and HTML

## **Ethical Considerations: Privacy First**

The app uses local storage and Claude's API to analyze entries privately. Vercel is serverless so all processing happens in real-time with no persistent storage of analysis on external servers.

## Future Enhancements

### **Streak tracking and reminders**

*Why it matters:* consistency is the hardest part of journaling

- Notifications to remind users to write in app
- Removes the "I'll write later" barrier

### **Export & Import Functionality**

*Problem:* Users can't backup or transfer their journal

- Entries stored locally as journal grows may take up too much space
- Allows for entries to transfer to other devices as well

### **Search & Filter**

*Problem:* Hard to find specific entries as the journal grows

- In history tab can search by sentiment or filter by date to find entries

## Success Metrics Addressed

- **Engagement:** AI prompts reduce blank-page anxiety and is context-aware
- **Insightfulness:** Analysis and pattern recognition helps users connect dots
- **Privacy:** Local-first storage with clear indicators to keep thoughts private
- **AI Application:** NLP for prompts and sentiment/theme analysis
- **Code Quality:** Clean React hooks, error handling, modular design

*Example:* App.jsx (main component)

State management

entries (array of journal entries)

currentEntry (text being written)

aiPrompt (generated prompt)

insights (analysis results)

loading states (isGeneratingPrompt, isAnalyzing)

## Views

### Write View

- AI Prompt Section
- Date Selector
- Text Area
- Save Button

### History View

- Entries grouped by date

### Insights View

- Sentiment Cards
- Emotions Grid
- Themes Display
- Patterns & Encouragement

## Functions

loadEntries() - Load from localStorage

saveEntries() - Persist to localStorage

generateDailyPrompt() - AI prompt generation

analyzeEntries() - AI sentiment analysis

getEntriesByDate() - Group entries for display