Work towards a more positive mindset.

What are you grateful for today?

1. “Having coffee with Dan”
2. “Making time to go to yoga”
3. “Going for a walk with Amanda”

Many university students do not make time to focus on their emotional well-being.

Our online platform makes it easy to incorporate mindful practices and gratitude into our daily lives. This can help students achieve a healthier mindset.

Journal Board
See your past journal entries.

I am grateful that I went running in Ravenna Park today.
I am grateful that I got to catch up with Amy today.
I am grateful that I was able to work on my video project.
I am grateful that I went hiking with my family at Mount Rainier National Park.

Analytics
View visualizations to track your progress and increase self-awareness.

Top 5 Tags
- Hobbies: 7%
- Career: 35%
- Health: 13%
- Relationships: 19%
- Community: 26%

Monthly Overall Mood
- Great: 9
- Good: 13
- Okay: 7
- Poor: 2
- Awful: 0