

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"



Mobile View



Desktop View

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

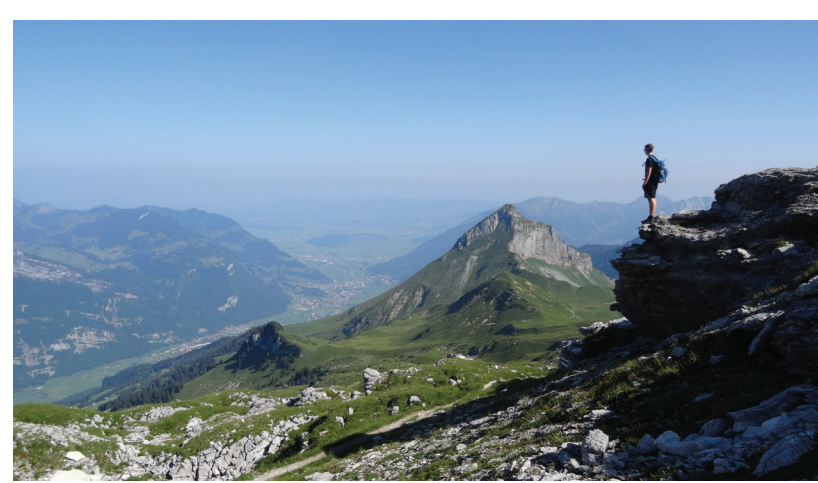
See your past journal entries.


17 THURSDAY

- 1 **I am grateful** that I went running in Ravenna Park today.
- 2 **I am grateful** that I got to catch up with Amy today.
- 3 **I am grateful** that I was able to work on my video project.



18 FRIDAY

- 1 
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.

