

# GratiTool

*Redesign your life by exercising happiness and gratitude*

## **What is GratiTool?**

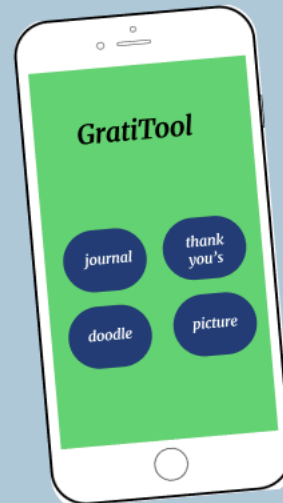
*A mobile and desktop application that incentivizes users to practice happiness and gratitude.*

## **Our Mission:**

*GratiTool's mission is to ameliorate mental health by exercising gratitude and happiness.*

## **Why Now? Why GratiTool?**

*From family, to work, to friends, to social media... Gen Z is noted by health professionals around the world to be the loneliest generation. According to many research studies, gratitude is a proven method of improving mental health. We are in need of solutions to cultivate happiness, connection and gratitude. GratiTool is one of these solutions.*



## **How does it work?**

*GratiTool a mobile and desktop application that leverages AI.*

- Each user will receive a personalized GratiTool assessment.*
- The assessment will ask questions to gauge where the user will need most growth and what challenges would best suit them.*
- Thereafter, each user will receive GratiTool challenges in a given time period (default is each week).*
- Challenges will vary, but all those selected will be activities proven to boost introspection and build community.*