

M I R R O R

THE ULTIMATE APP FOR SELF-REFLECTION
AND THERAPY

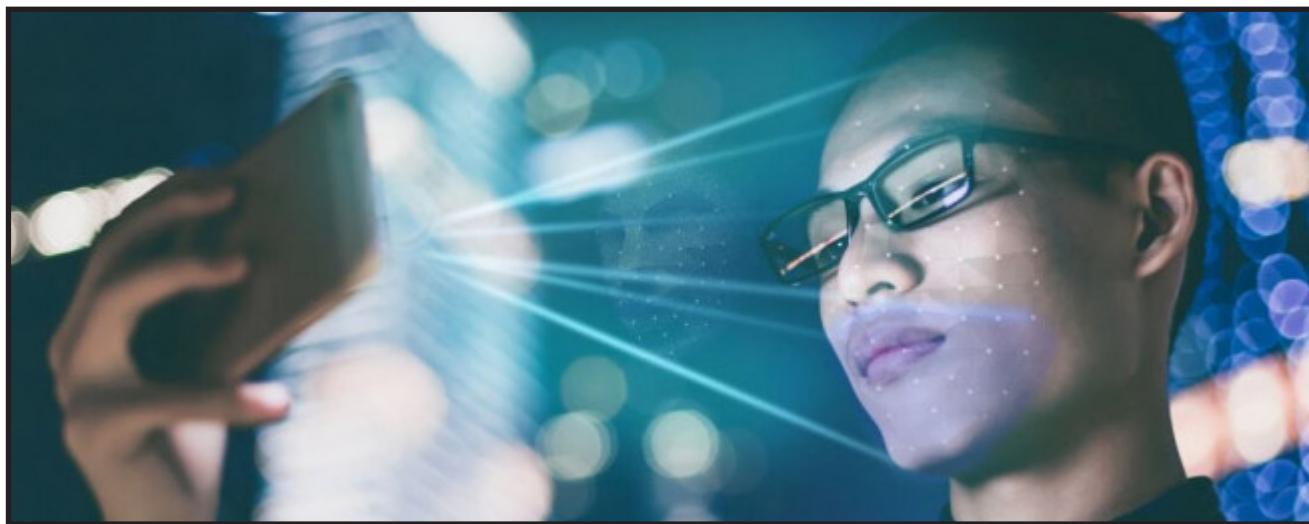
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We live in a day and age when our electronic devices are constantly monitoring us and collecting our data to sell to the highest bidder. Mirror uses this invasion of your privacy to actually help you and improve your lifestyle. Just follow these 5 steps if you want an improved life!

1

First download the app, it is compatible with most devices, even your smart watches!



2

Then scroll through the privacy settings and set them to what you are comfortable with. Don't worry about your personal data, we guarantee that we won't sell it to anyone -- your privacy and safety is our number one priority. Though you

can choose to deny the app access to any of the following, for optimal results the app requests: facial recognition, text messages, call log, location and social media data. Remember: the app is constrained by whatever settings you put into place. It can only help you so long as you let it.

3

Once you have chosen your privacy settings and set up a personal account (so that you can track your data on all of your devices), then you are ready for the two-month evaluation period. During this time, you will be asked to fill out random

thirty-second surveys throughout your day. These surveys will be asking questions along the lines of: How are you feeling right now? What are you doing right now? How many meaningful social interactions have you had in the past hour? Who do you feel like talking to right now? Etc.

Answering these surveys is very important because it will provide the app with the information needed to best help you.

4

After the evaluation period is over the app will then be able to tell you your different emotions every time you open your phone, along with other key information. Though the evaluation period is over, throughout your use of the app, there will be periodic surveys to make sure its information is up to date.

5

So what will this app do for you? This app is designed to give personal advice. Some examples of what this app could tell you are: recognize your emotions in certain situations and, based off those emotions, suggest activities and people you could talk to, give you data on who you talk to for different subjects, track your habits, and track your moods over certain periods of time. It will also pop up reminders to talk with certain people and if it is ever concerned about your mental health it will ask you if you would like to reach out to a professional. The app itself is designed to be easily read and understood. Similar to other life apps, it would have interactive graphics and would have readable information about a range of researched data about "living happy" as well as a place to ask questions of an expert. This app is meant to help humans get rid of the "don't feel anything" stigma and that we should hide feelings away from the world. This app helps us track, recognize, and celebrate what we are feeling and can actually suggest people to share these feelings with. Though it is scary to let technology monitor so much of our inner thoughts and feelings, it is a small price to pay for better mental health and a happier society.

