

# (EVERY DAY IS A) MIRACLE CLOCK

*Designed by Louise Zeng*

What if instead of trying to cram the most into our days, we looked to see how we could **get the most out of every moment**? The Miracle Clock applies this radical idea to help you maximize **wellness, joy, and meaning** within your daily existence.

**What is it?** A physical clock that connects with your technology to track and build healthy habits, enable you to see your progress and areas of growth, and encourage you to live a balanced lifestyle.



HELPING YOU  
MAKE THE MOST OF YOUR DAYS

# Inspired by Maslow's Hierarchy of Needs



Mila uses voice-recognition to record your answers, either in a numerical format (which you can later view graphically) or in a text/journal format (which you can also look back on later within the Mila app).

## AIM FOR BALANCE LIVE FOR WELLNESS

**How it works:**  
After waking you up naturally with light simulating that of a **sunrise**, Mila (the Miracle Clock's virtual assistant) will walk you through each of the 12 wellness activities by asking you prompting questions or prompting you with actions. Double tap each symbol upon completion, and it will glow in recognition of your accomplishment as well as record your progress in the synced Mila app.



Long-term goal-setting and self-reflection

Create your to-do list & productivity plan for the day

Text or call a loved one

Journal about things that make you feel secure

Exercise for physical health

Reflect on who you're grateful for

Meditate for mental health

Wellness check-in - rate how you are feeling

Track your sleep

Fuel up with a healthy breakfast

Hydrate!

Get some fresh air and sunlight

Mila might suggest, "Do you want to call Mom?"

Mila can guide you through a meditation of a time-frame of your choice!

Mila can suggest a HIIT (high-intensity interval training) workout!

★ Mila comes pre-programmed with prompt questions for each icon, such as “How many hours of sleep did you get last night?” and “Who are you grateful for?” Not into the questions we created? Customize what Mila asks when you press an icon to match your exact needs.

★ Not into the 12 wellness activities we chose? While we selected these based on Maslow’s Hierarchy of Needs, we understand that individuals also have distinct needs and trust you to know yourself best. We have included a library of other icons and suggested activities you may want to practice, such as reading, making art, prayer, or walking your dog; you are able to switch activities and icons at any time.

★ Do you need to do the activities in order? Definitely not! You can choose to have Mila lead you through the activities all in a row, or you can tap to choose which one you want to do. Of course, you are free to do each one according to your own timeline.



★ Customize how you want to be woken up — Light intensity? Nature sounds? Music? Traditional alarm if those aren't enough for you? Start your day off right, according to how you like.

★ Choose which categories you want to track data for, as well as how detailed you want your data to be. (Ex: You can track whether or not you ate breakfast, or exactly what foods you ate for breakfast, or you can elect to turn off data tracking for any of the icons, and merely use the Miracle Clock as a visual checklist & clock. It's all up to you and what serves you best.)

★ Spend as little or as much time as you want on each activity — questions are designed so that you should be able to answer them within seconds to minutes.

# Manifesto

Life in the modern day and age moves quickly. It's easy to be stressed out by all that society says we need to accomplish, and in the process, we forget to **be kind** to ourselves and to **appreciate what we already have**. The Miracle Clock's goal is to help people **be more present** in their own lives and to empower them to **practice and build** lifelong healthy habits that cultivate **self-care** and **self-love**. Just as "**you cannot pour from an empty cup**," people cannot be the best versions of themselves for others if they do not have **a strong foundation** of a physically, mentally, and emotionally healthy lifestyle first. On the contrary, if someone is taking proper care of him/herself, he or she will be ready and able to give to society in a way that uplifts others. Thus, my long-term vision is that by helping individuals help themselves via the Miracle Clock, it can create **a ripple effect of good** as people are **better equipped to love and serve others**.

The Miracle Clock's design centers around three pillars: **wellness, joy, and meaning**. Practices such as consistent sleep, hydration and healthy eating, and exercise help to cultivate *physical wellness*. Similarly, challenges such as meditation, self-reflection, and journaling help to cultivate *emotional and mental wellness*. Practicing gratitude and using technology to stay connected to loved ones allows us to keep the simple joy of **flourishing relationships** at the top of our minds; these connections **keep us grounded** and remind us of **what is most important in life**. By reminding ourselves of our support systems, we also prepare ourselves to **boldly pursue** meaning in the form of productive work and achieving the goals we set for ourselves. Thus, we have built our way up Maslow's Hierarchy of Needs to find meaning in a way that is **holistic** and **balanced**. As a result, our pursuit of meaning can be **sustainable** — by not neglecting other needs in our endeavour to achieve, we **prevent burnout** and encourage an experience of **eudaimonia that can last**.