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.