

# The Emotional Cultivator

An App for Developing Emotional Awareness to  
cultivate Positive Emotions



# Welcome the EC app

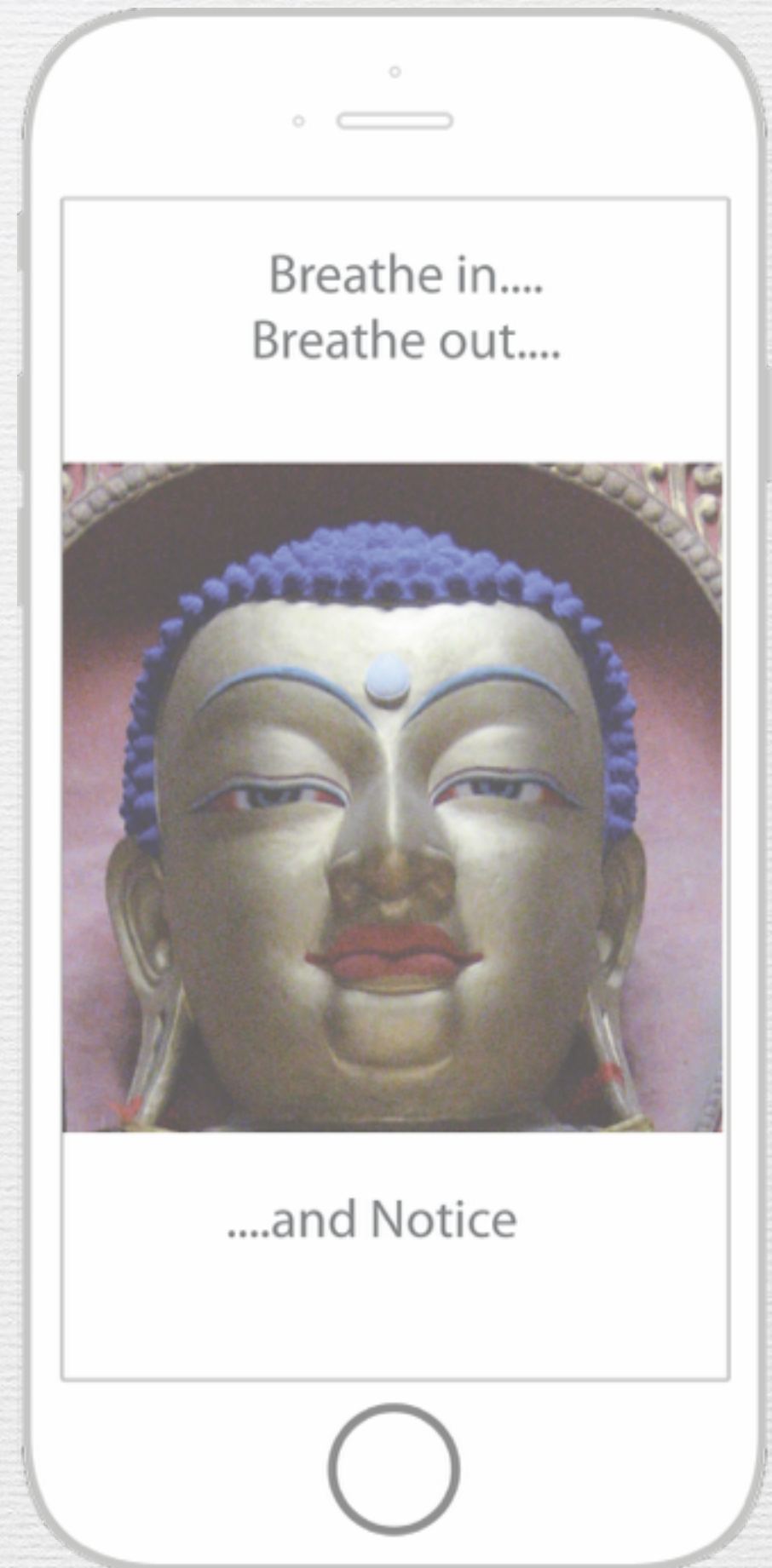
- This app is designed to raise awareness of your emotions
- It helps quantify them through logging them throughout the day and identifying the source
- At the end of the week it gives you a log of them with recommendations to shift negative emotions towards the positive
- Finally, each week it compares previous weekly results, showing where you are progressing, stabilizing and could still use more work in cultivating towards the positive.





# The Lock Screen:

- The Lock Screen serves as reminder to breathe into our bodies and become aware of our current state.
- It has a unique unlock code that bypasses directly to the app if you choose to log your current state.





# Emotional Logging:

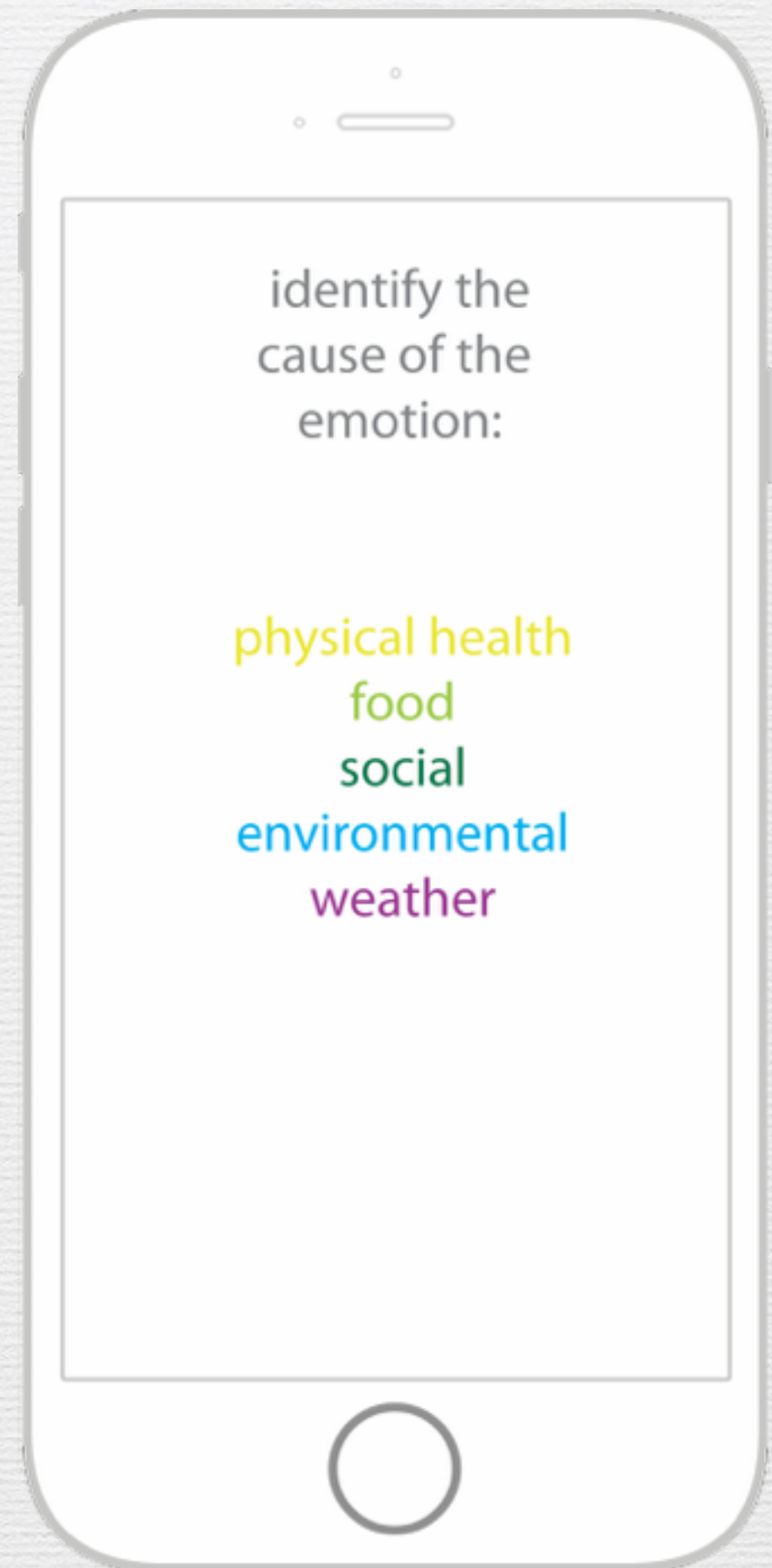
The Opening Screen has a guide that allows the user to log their current state after slowing down to breathe and become aware of their current state.





## The Secondary Screen:

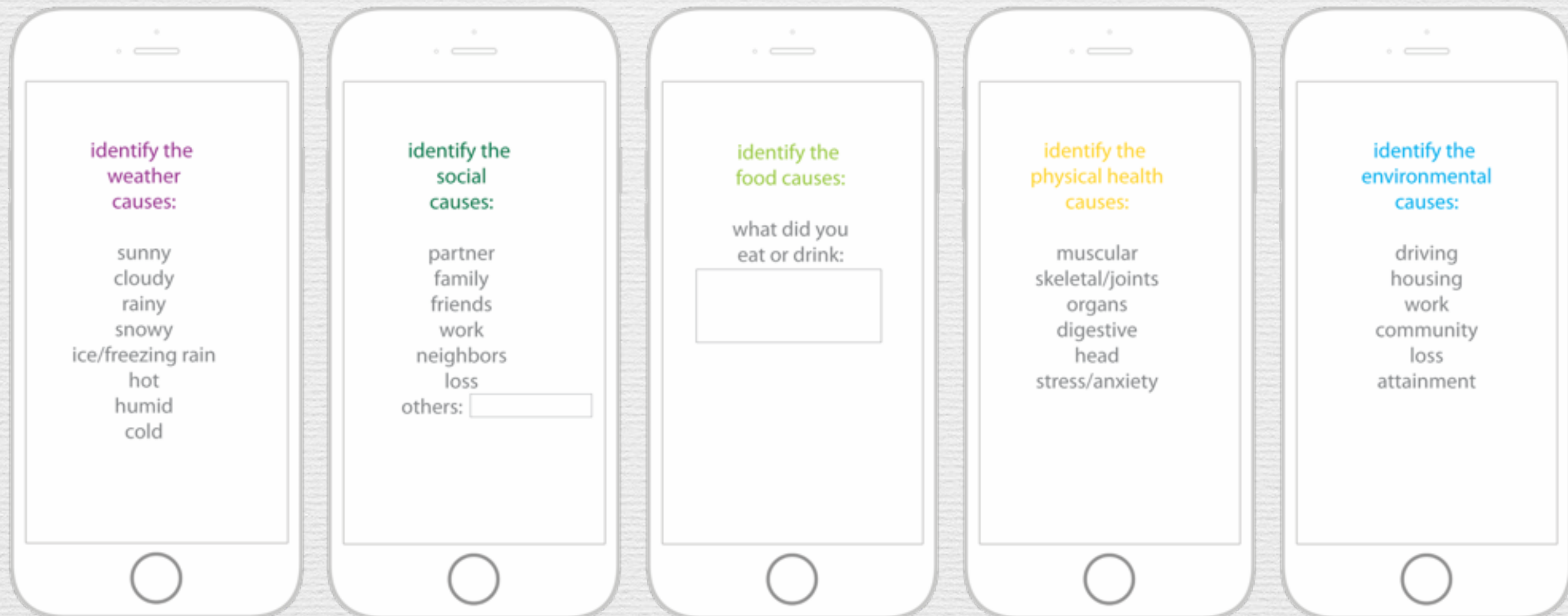
This Screen allows the user to identify the primary cause of their current emotion





# Specific Identification:

This screen helps the user to identify the specific causes of the emotions they are feeling. This will help them become aware of the cause, the first step to managing or overcoming emotions





# Tertiary Emotions:

Since emotions can be complex, sparked by complex situations, it is good to parse them out. The second and third emotional identification screens help users thresh out the emotions they are felling

tap the  
secondary emotion  
you are feeling



None

identify the  
secondary  
cause of the  
emotion:

physical health  
food  
social  
environmental  
weather

none

tap the  
third emotion  
you are feeling



none

identify the  
third  
cause of the  
emotion:

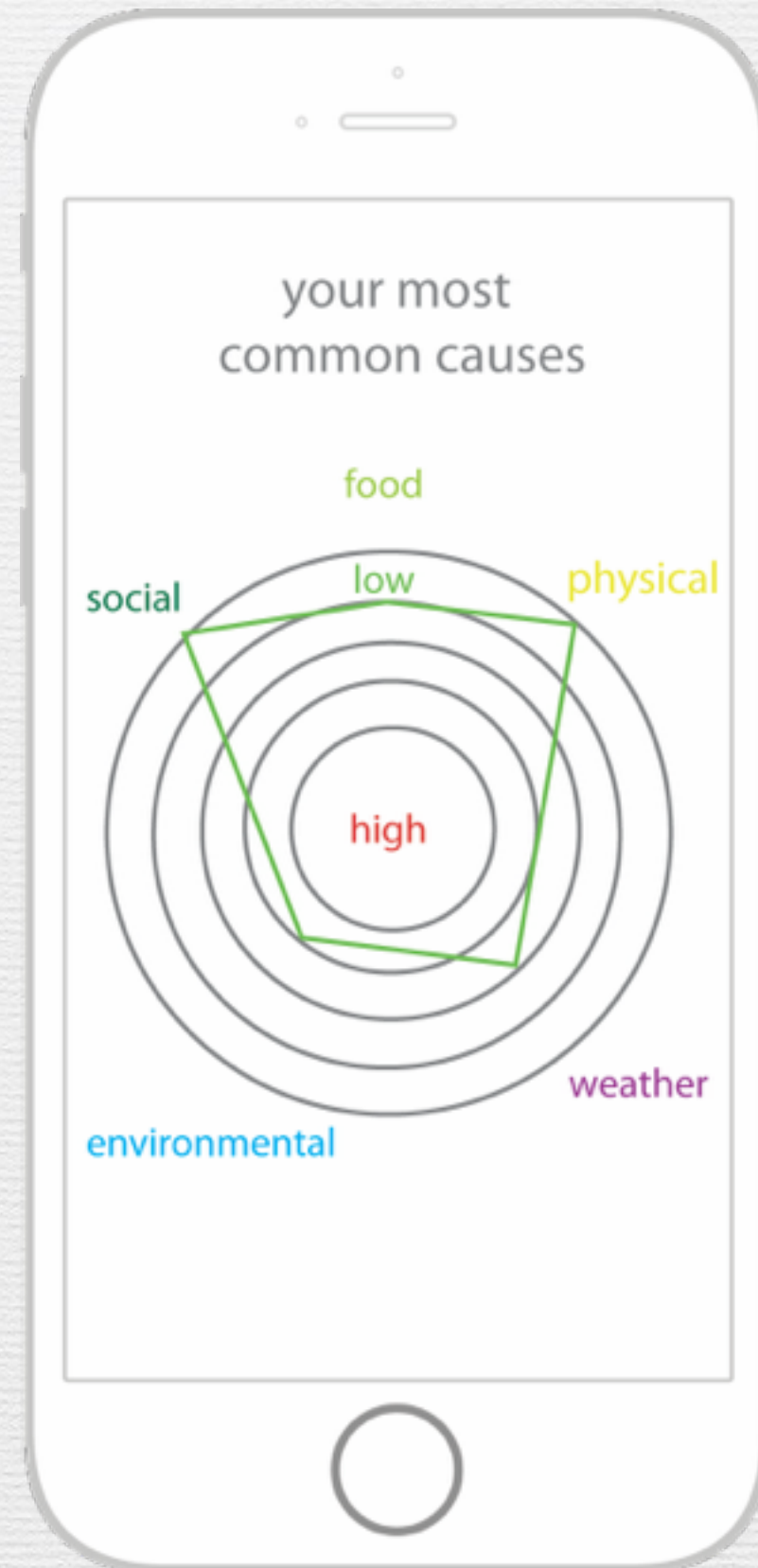
physical health  
food  
social  
environmental  
weather

none



# The Primary Results Screen:

This is the culmination of a week of logging. This helps the user identify where most of the negative emotions are coming from. This will help them become aware of their greatest emotional challenges.

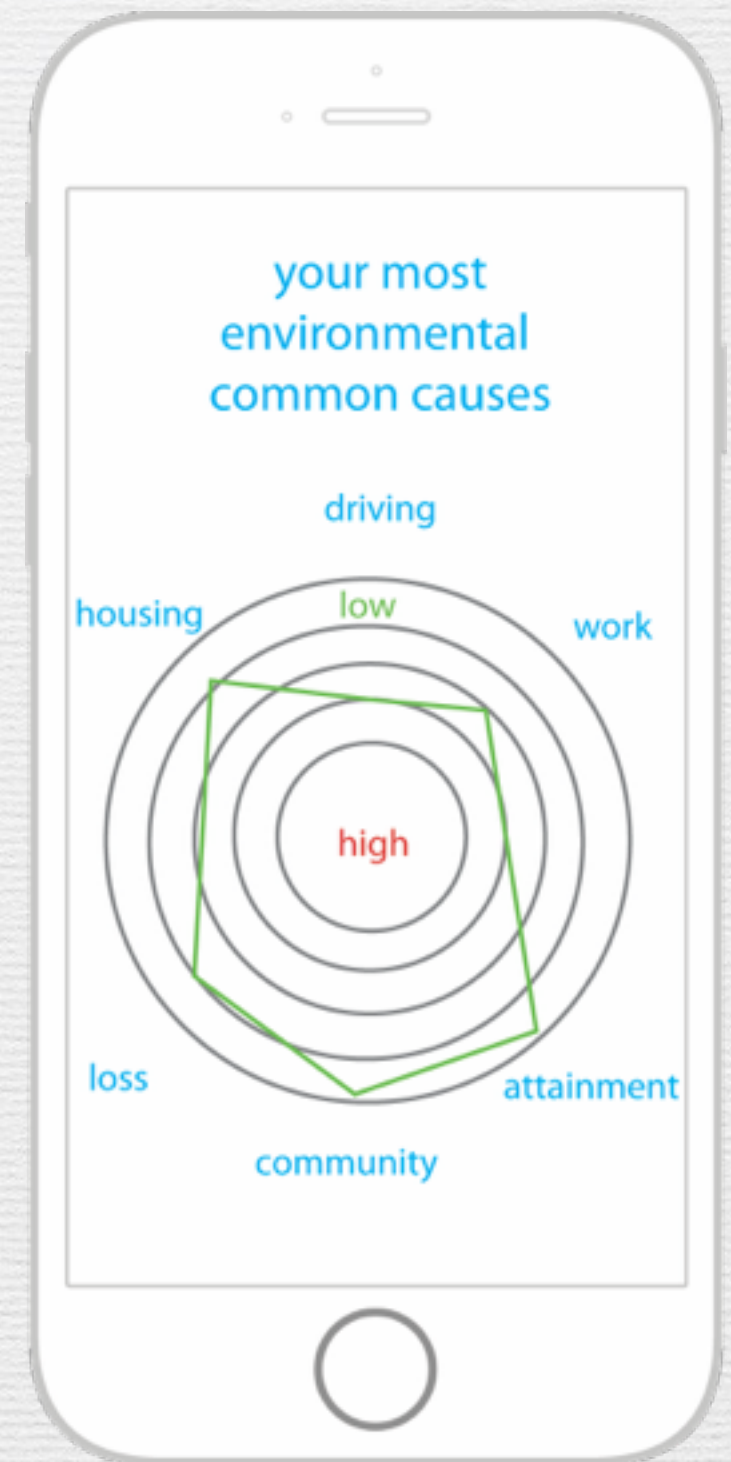
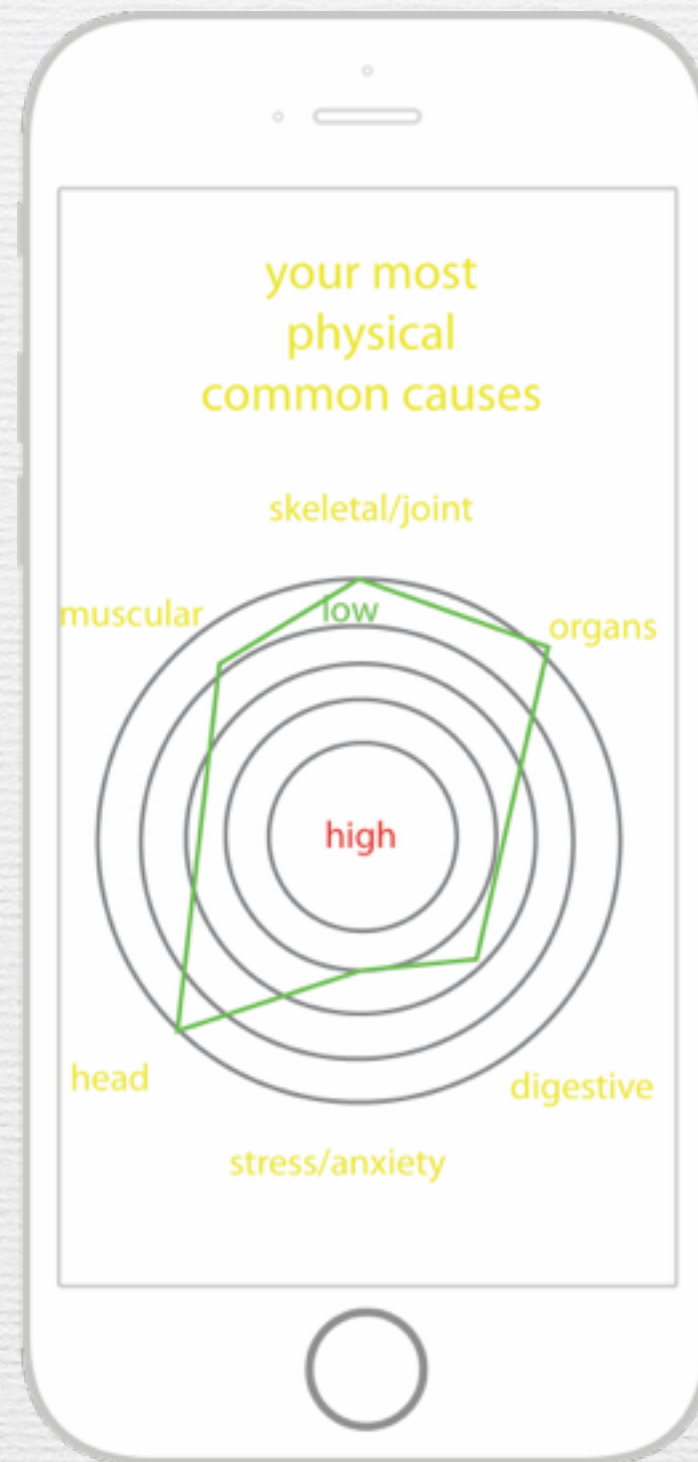




# Specific Results

## Screen:

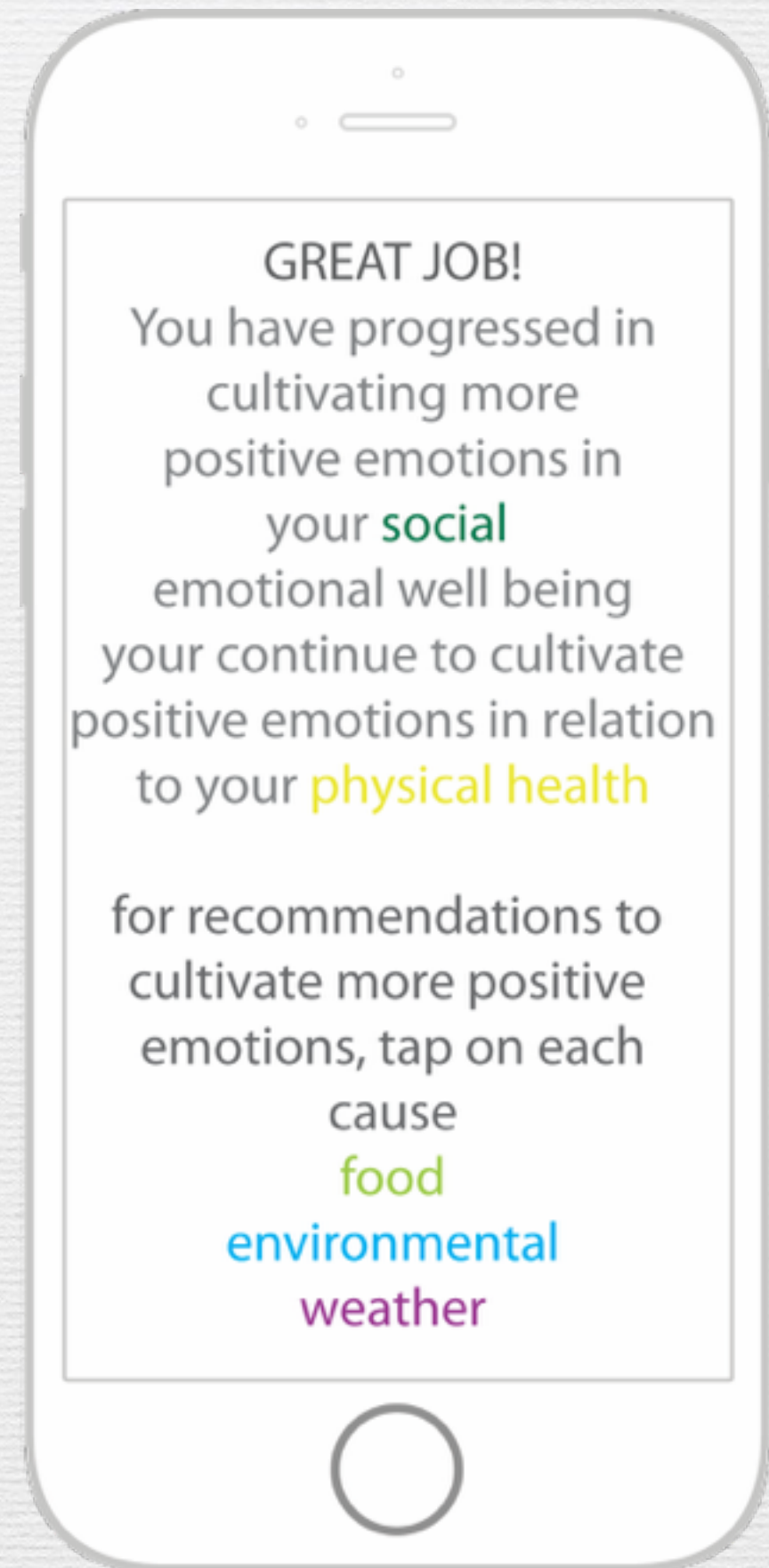
This Screen shares the specific emotional triggers of ones week. It helps each person become aware of where their most negative emotions are coming from.





## The Synopsis Screen:

This screen takes full accounting of your emotional change in the previous week. It offers links to pages with strategies and apps to manage areas with strong negative emotions in ways that will cultivate them towards more positive emotions





## Final Screen:

The Final Screen varies for each area of emotional concern. It offers basic solutions to help navigate and manage the emotional triggers in a more positive strategy. It also offers apps and built in solutions to shift Siri, Calendar reminders, etc. to assist in making life more balanced to manage those emotional triggers

