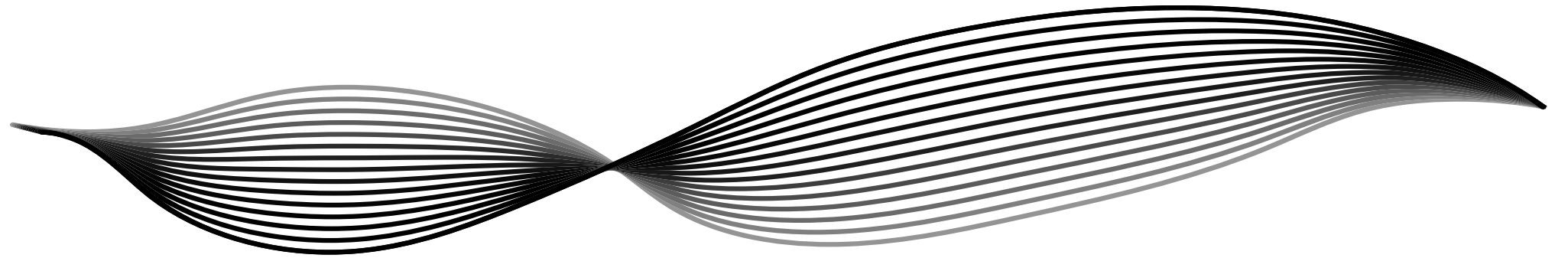# Think Up
App Redesign

Ashlynn Shoolroy

mentus

What stops you from achieving goals or becoming who you want to be? Build your self-improvement program to develop the motivation and the positive mindset you need to succeed, using positive affirmations in the most effective way.

Our mindset and thoughts have an enormous impact on self-esteem, health, and happiness. Positive affirmations and self-talk are a simple and proven technique recommended by therapists, life coaches, and personal development instructors to make our mind work for us.

NEW ORDER REGULAR
ABCDEFGHIJKLMNOPQRSTUVWXYZ
abcdefghijklmnopqrstuvwxyz
1234567890

SF Pro Text
ABCDEFGHIJKLMNOPQRSTUVWXYZ
abcdefghijklmnopqrstuvwxyz
1234567890
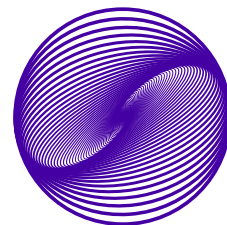
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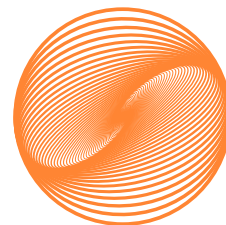
#ff8433

#5e1a19
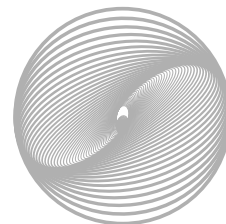
#bebebe
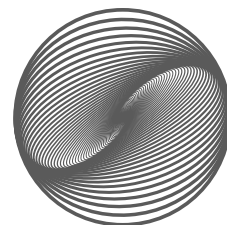
#707070
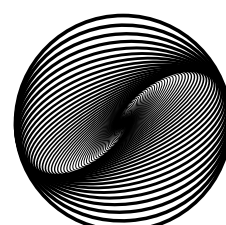
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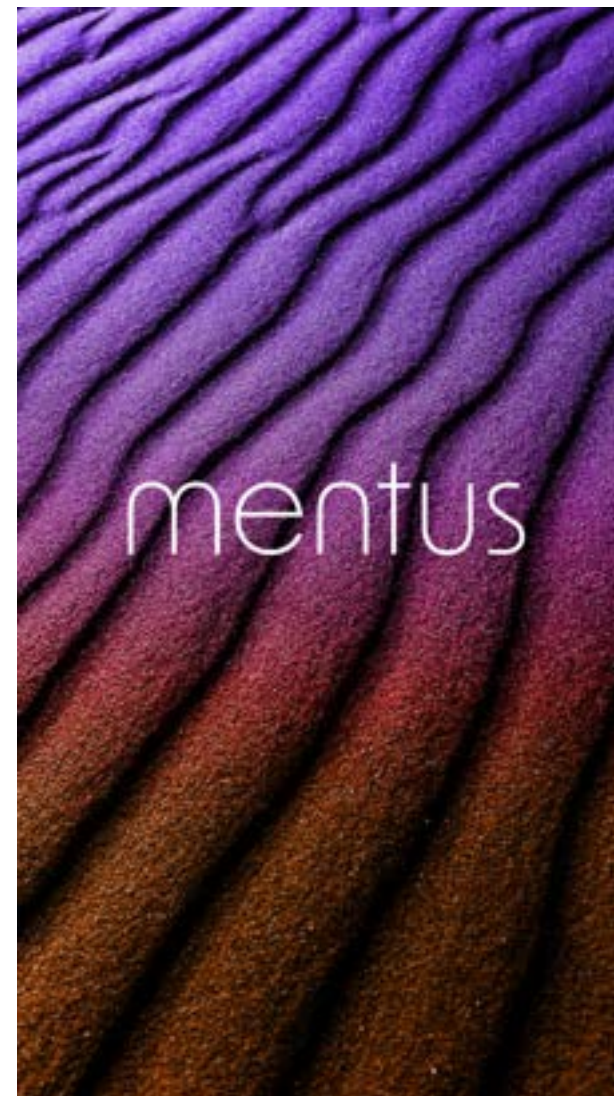
PROBLEMS SOLVED FROM PREVIOUS APP

1. Convoluted and Repetitious Design Layouts

The combination of a single color on the background and components as well as the component shapes create an uninteresting appearance. There is also an overuse of over-explanatory wording and large button sizes that cram information when little wording and small icons can be used inst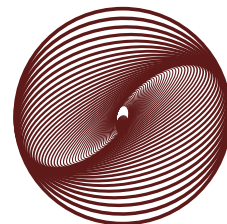ead. The redesign uses a limited color pallete utilizing gradients for variety and places text sparingly and with plenty of spacing to feel less convoluted.
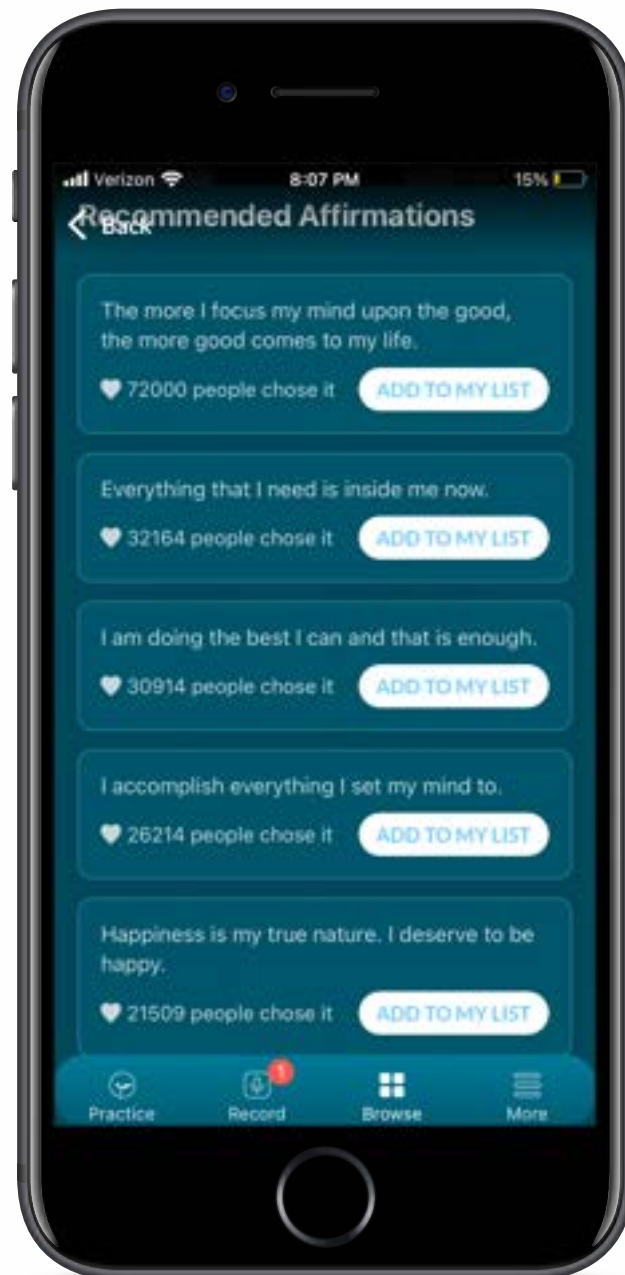
2. Misguided Onboarding and Costumization

The onboarding experience when first opening the app gives an impresion that the user can personalize his affirmations before officially entering the app based on what appears to be an onboarding survey. The survey doesn't function and affirmation costumizaiton is non existent both in the onboarding and in the app. The redesign has a fully functional onboarding personalizaton experience that offers recommendations on the home page. The personalization is also editable from the settings page.
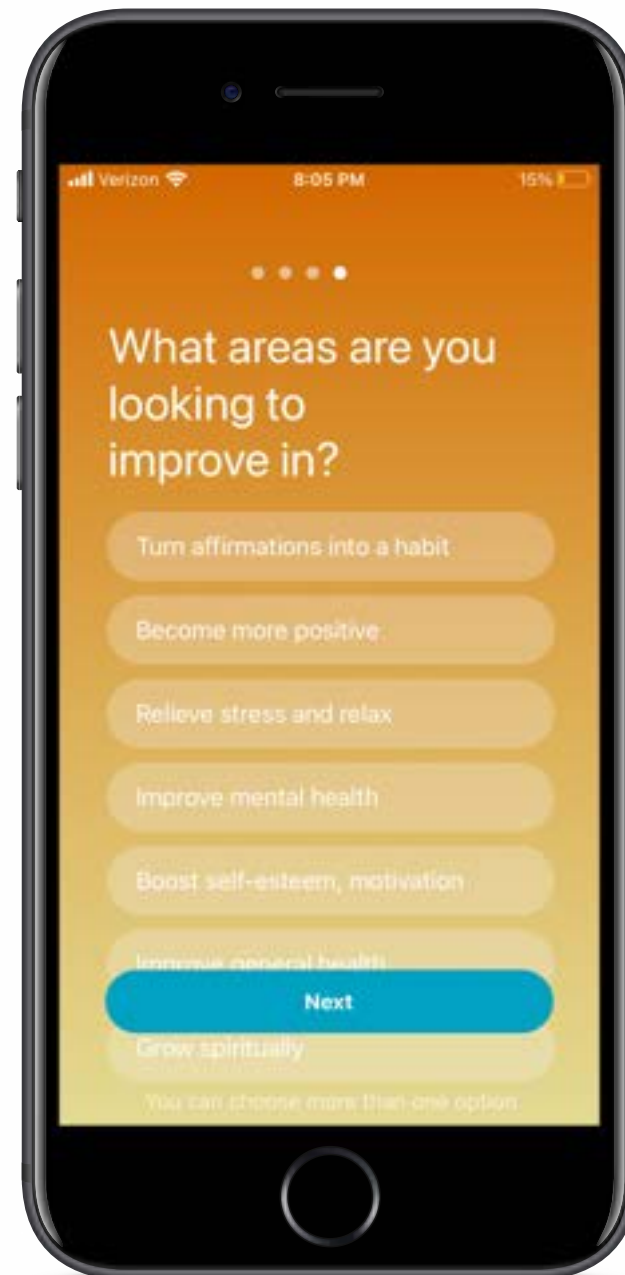
3. Lack of Component Consistency

When isolating the components, it is clear that the buttons are not in a consistent shape, the icons vary between fill and stroke, and the type changes in size and case within the components. The components also have more than two colors making it difficult to determine which buttons are primary and secondary. The redesign has one consistent button size and has more icons that are unified by style and size.
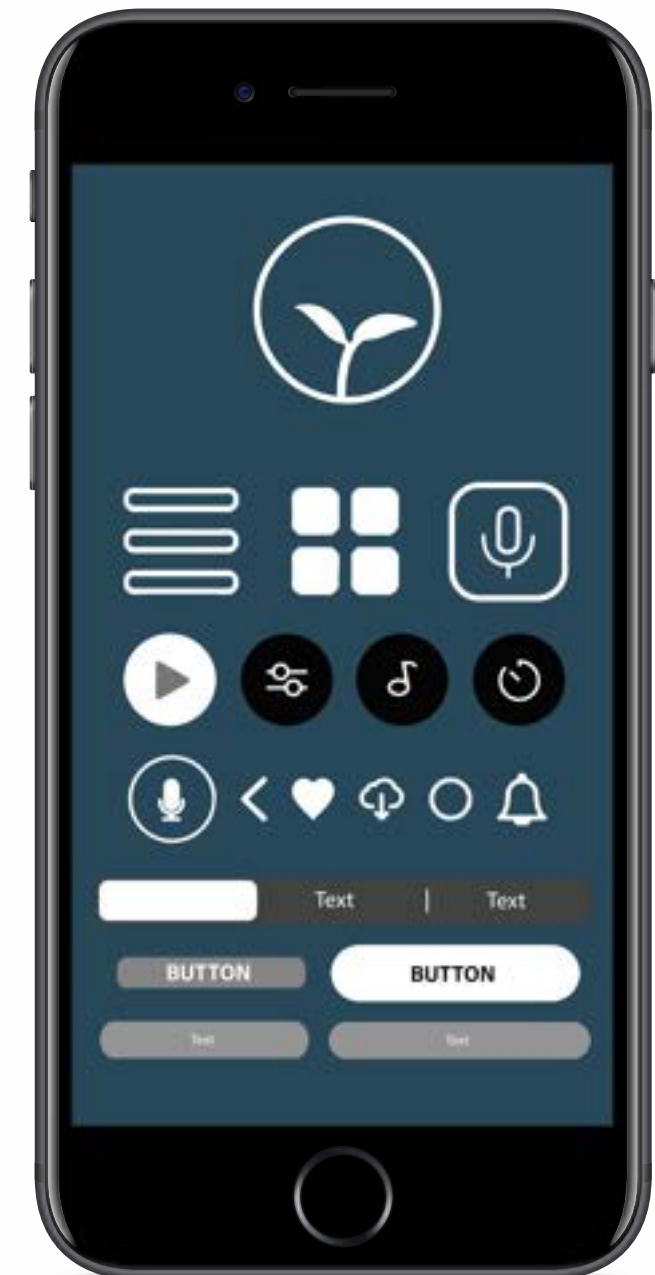
NEW FEATURES IN REDESIGN

1. Search Recommendations Based on Mood

A new setting in the home page of mentus will allow a quick personal expperience where user browse prewritten affirmations by how they are feeling that day. The affirmations will be programmed as suggestions that don't need to be completely followed

2. Create Affirmation and Music Flows

Within the practice portion of the app where the user plays their affirmations, they have further costumization opportunities with the album flow. With it, users can combine albums creating a type of playlist that can be played depening on the user's mental preference. Both mentus and music flows are separate but can be paired when the user is ready to practice
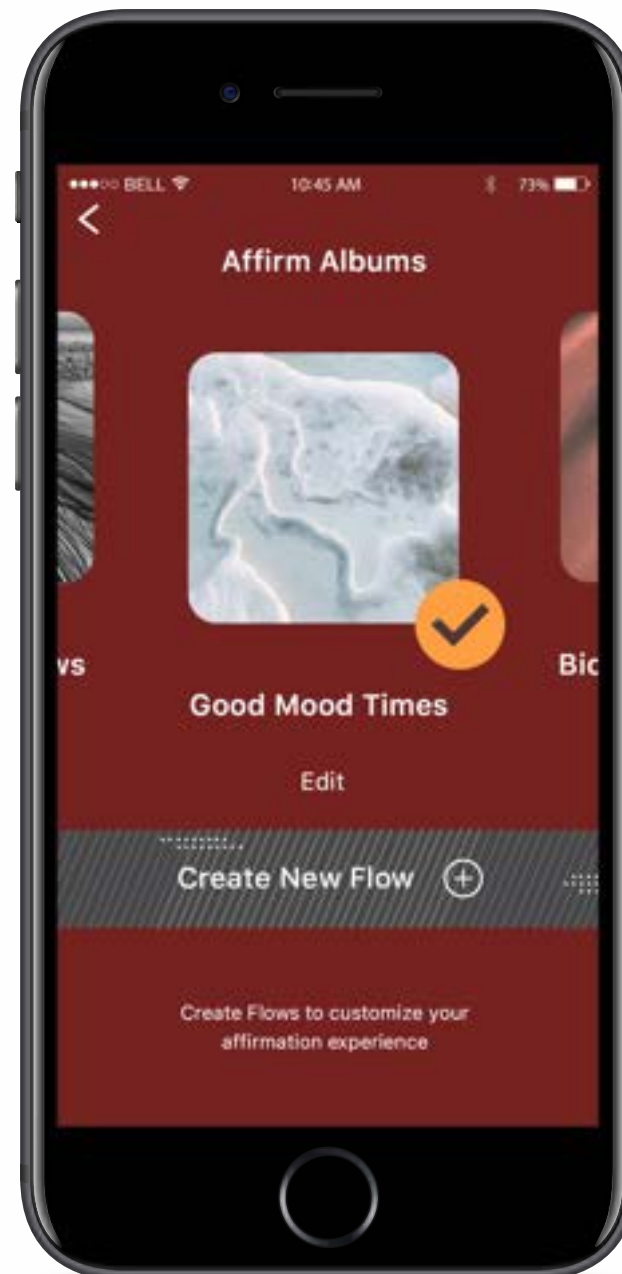
3. Recording Positive Memory Journals

Users will have an additional option in the record page of the app to create journal entries. These entries are positive personal stories that can be made public when users upgrade to premium. Users loging back into the app will also recieve a positive memory pop up as a good reminder to view their journal for encouragement.

"It's nice when what you are looking for is easy to find."

Lucas Mare

UX Proto-Persona

Mentus Research

Age: 20

Education: Assosiates Degree

Occupation: Physical Therapist

Status: Married

RESOURCES

Organization

Planning

Technological Knowledge

Communication

PERSONALITY

- **Extraverted**
- **Imaginative**
- **Hardy**
- **Supportive**
- **Opinionated**

GOALS

- Lucas wants a social connection that puts him in the right supportive community.
- To continue being a supportive husband, he wants to have better control of his anxiety disorder.
- He also wants to have a user system that is fast and able to connect with all aspects of his life.

SCENARIO

Just a month ago, Lucas moved in and has been going to the gym after work. He was hanging out with his workout partner and talked about how he was going to the gym lifting weights and going on the treadmill to alleviate his anxiety. His partner than wips out his phone and opens up mentus. His partner has been using it to have a postive mindset and is now recommending it to Lucas. After listening to his partner, Lucas goes home and dowloads Mentus.

BACKSTORY

- Lucas just moved into a new rural house with his wife and dog. He works with physical therapy in the city.
- As of five years ago he was diagnosed with an anxiety disorder known to physically affect the body's immune and cardiovascular systtem. The disorder is aggravated when in stressful situations with relatives he faces often.
- He works four days a week for a full 40 hr work week, but still loves working with patients.

EMOTIONS

- He doesn't like when information is confusing and not laid out correclty. It isn't ideal when finding resources is tricky
- He likes having an easy social connection and likes goals in the form of challenges and competitions.

APP SKETCH 1

APP SKETCH 2

Homepage

Sf pro for all text
except for Note or headers

Filter Affirmation Playlist
How are you feeling today?

Playlist at top

Special Component to assess mood

Filter Affirmation Playlist
Recomend Affirmations based on Mood

Pop up to show recommendation

APP SKETCH 3

Play Affirmation

Final icon format for practis

top format aplied to practis page

Consider Moving to top

search icon

format aptide to home page

Music Personal

bar changes to filter by icon

Genre/Mood

Upload from ___

Playlists

Personal

App library

music settings (sound)

Affirmation Playlis

Upload includes Apple Music, then Pandora, Spotify

APP SKETCH 4

Affirmations library

Optimism

Gratitude   Happiness

Separate library based on general Affirmations, professionals, and Stars

Affirmation Facts

Expert

Stories

Affirmation   Affirmation

Affirmation Stories
Stories for Inspiration

general layout changed to 3 per row instead of 2

Affirmations under professional blo

optional comment section

APP SKETCH 5

Under stats or journal?

challenges

camera icon used instead of +

Add memory
Positive

Upload foto

write here

Make memory public
Challeng

Shure

30 Day

off boarding multi App connection

60 Day

Receive Comments
about Memory

Applicable to receive rating if story is made public by upgrading to premium

coreet to healthy to track

Memories will be inspirational comments with Affirmation cards

LOADING APP AND ONBOARDING

mentus

Become the person you want to be.

Set your goals so that Mentus can help achieve your goal of creating your positive mindset

Skip →

GET STARTED

CREATE ACCOUNT

Already have an account? Login →

What areas are you looking to improve?

Skip →

Relieve stress and relax ☐
Alleviate anxiety ☐
Help with depression ☐
Boost self-esteem ☐
Become more motivated ☐
Increase overall optimism ☐
Grow Spiritually ☐

NEXT

What areas are you looking to improve?

Skip →

Relieve stress and relax ◉
Alleviate anxiety ☐
Help with depression ☐
Boost self-esteem ☐
Become more motivated ☐
Increase overall optimism ☐
Grow Spiritually ☐

NEXT

How often do you want to practice your affirmations?

Skip →

How many times a day?
One time | Two Times | Three Times

How many times a week?
Every Day | Four Times | Two Times

At what time?
1st Time | 2nd Time | 3rd Time
10:00 AM | 7:00 PM | 10:00 PM

NEXT

Login

Email
lmare@email.com → Type in response

Password
••••••••••••

LOGIN

f LOGIN WITH FACEBOOK

G LOGIN WITH GOOGLE

f Facebook Login Page

G Google Login Page

Selection Menu Component

Create Account

Email
lmare@email.com

Create a password
••••••••••••

Gender
Male

By clicking on "Sign up", you accept the Terms and Conditions of Use.

SIGN UP

How often do you want to practice your affirmations?

Skip →

How many times a day?
One time | Two Times | Three Times

How many times a week?
Every Day | Four Times | Two Times

At what time?
1st Time | 2nd Time | 3rd Time
10:00 AM | 7:00 PM | 10:00 PM

NEXT

You are all set!

Skip →

✏ Read inspiring stories

📷 Record positive memories to add to your journal

🎙 Record your affirmations and practice them

🎵 Set background music as you play your affirmations

▦ Browse pre-written Affirmations

GO TO APP

Hello Lucas
How Are you Feeling Today? ›

Albums | All Affirmations

Self-Recorded
On the Road | Wilderness | Creativity Boost

Positive Memories Journal
Oregon Coast | Blue Lagoon | Hope Lake

Bookmarked
self-confidence | Bravery for an Uncertain World | Boldness and Faithfulness

Recommended for You
Sifting through your thoughts | Enjoying Silence | Drifting through relaxation

Home | Practice | Record | Browse | Settings

Upon opening the app, users can create an account, login, or continue using the app without an account. The onboarding sequence is a series of survey questions that will reflect what affirmation recommendations the user will see on the home page and how often Mentus will notify the user to practice their affirmations. The survey follows a quick guide showing the app's main features and how to use them before displaying the home screen.

BASIC NAVIGATION AND DEFAULT

This deck shows the primary navigation stemming from the five main icons at the bottom of these screens. All five icons are wire-framed to five navigation areas with their default screens seen on this deck. Users will always go to these default screens when clicking the icons. The five main navigation areas are "Home," "Practice," "Record," "Browse," and "Settings."

HOME 1: ALBUMS AND SEARCH BY MOOD

View All Affirmations (See Home 2)

On the top of the home screen, Mentus invites users to take a quick survey to allow the app to assess how they feel that day. Users select one of the options present on a unique starlike component to take the survey. The app will give the user a list of prewritten affirmation options that will be fully viewed in the default Browse screen once selected.

The Home default screen displays a series of albums that have recorded or bookmarked affirmations. All albums will have a photo, a list of affirmations, and the edit icons. The home screen also shows positive memories, a journal for which users can continuously edit and receive notifications.

Hello Lucas
How Are you Feeling Today?

Albums | All Affirmations

Self-Recorded
On the Road | Wilderness | Creativity Boost

Positive Memories Journal
Oregon Coast | Blue Lagoon | Hope Lake

Bookmarked
self-confidence | Bravery for an Uncertain World | Boldness and Faithfullness

Recommended for You
Sifting through your thoughts | Enjoying Silence | Drifting through relaxation

Home | Practice | Record | Browse | Settings

Scrollable library

SAVE RESPONSE

Here's What We Found for You

Bravery for an Uncertain World

Standing Firmly

The Virtue of True Strength

Go to album view in Browse (See Browse standing firmly screen)

Return to previous screen

Browse Photos

Go to Record default screen

Share in messages or on social media

Type on key pad

Recorded Mentus
On the Road | Edit
7/05/23
I am grateful for the chance to become healthy and capable of traveling to new places.
7/07/23
I am happy to be in a refreshing new place with my wife and best friend.
7/10/23
The wind and rain make me know how to live through struggles.
7/12/23
A new experience outside the city and in the forest is a new life experience to make me a better person.

Delete Album?

Recorded Mentus
On the Road | Edit
7/05/23
I am grateful for the chance to become healthy and capable of traveling to new places.
7/07/23
I am happy to be in a refreshing new place with my wife and best friend.
7/10/23
The wind and rain make me know how to live through struggles.
7/12/23
A new experience outside the city and in the forest is a new life experience to make me a better person.

Recorded Mentus
Hope Lake | Edit
It was here at Hope, Idaho, that I had a date with Sherry. We were engaged then, and she and I would be married in two months. It makes me happy thinking about this place.

I was told by people who were supposed to be my friends that I would never get married or that they were getting married before me because they thought they were better than me.

Experiences like that have shrouded my life with so much anxiety for several years, but a memory like this reminds me that I don't need to feel anxious about not finding someone to be with for the rest of my life. They were wrong because they were bitter, and I didn't want to feel bitterness.

I can be glad knowing that there is going to be Shelly right beside me. She is my wife and best friend whom I will hold and cherish for all my life.

Done

Delete Memory?

Recorded Mentus
Hope Lake | Edit
I can be glad knowing that there is going to be Shelly right beside me. She is my wife and best friend whom I will hold and cherish for all my life.

Delete Affirmation Album?
KEEP ALBUM
REMOVE

Keep album/return to previous screen

Delete affirmation

Delete Positive Memory?
KEEP ALBUM
REMOVE

Keep positive memory/ return to previous screen

Delete positive memory

Delete Recorded Affirmation?
KEEP AFFIRMATION
REMOVE

Keep affirmation/return to previous screen

Delete affirmation

HOME 2: ALL AFFIRMATIONS AND FILTER

Hello Lucas — How Are you Feeling Today?

Albums | All Affirmations

Self-Recorded
On the Road | Wilderness | Creativity Boost

Positive Memories Journal
Oregon Coast | Blue Lagoon | Hope Lake

Bookmarked
self-confidence | Bravery for an Uncertain World | Boldness and Faithfullness

Recommended for You
Sifting through your thoughts | Enjoying Silence | Drifting through relaxation

Home | Practice | Record | Browse | Settings

Search by mood (See Home 1)

View positve memory (See Home 1)

View affirmations in album (see Home 1)

Scrollable library

Hello Lucas — How Are you Feeling Today?

Albums | All Affirmations

On the Road — Filter By

7/05/23
I am grateful for the chance to become healthy and capable of traveling to new places.

7/07/23
I am happy to be in a refreshing new place with my wife and best friend.

7/10/23
The wind and rain make me know how to live through struggles.

7/12/23
A new experience outside the city and in the forest is a new life experience to make me a better person.

7/13/23
I am glad for the love in my life from my parents and wife.

Self-Confidence
I need to release all my fears and worries. I can live my full potential.

Home | Practice | Record | Browse | Settings

Hello Lucas — How Are you Feeling Today?

Albums | All Affirmations

On the Road — Filter By
I am grateful for the chance to become healthy and capable of traveling to new places.

Self-Confidence
I need to release all my fears and worries. I can live my full potential.

Boldness and Faithfullness
I have not hidden Your righteousness within my heart; I have declared Your faithfulness and Your salvation; I have not concealed Your lovingkindness and Your truth from the great assembly. - Psalm 40:10

Home | Practice | Record | Browse | Settings

Hello Lucas — How Are you Feeling Today?

Albums | All Affirmations

Wilderness — Filter By

The wind and rain beat on our tent, but I am grateful we had a warm place to go.

The elk cracking through the woods reminds me that I am not alone in the most isolated places.

Boldness and Faithfullness
I have not hidden Your righteousness within my heart; I have declared Your faithfulness and Your salvation; I have not concealed Your lovingkindness and Your truth from the great assembly. - Psalm 40:10

Home | Practice | Record | Browse | Settings

Hello Lucas — How Are you Feeling Today?

Albums | All Affirmations

Self-Confidence — Filter By

I can accomplish anything I set my mind to

Boldness and Faithfullness
For I have said, "Mercy shall be built up forever; Your faithfulness you shall establish in the very heavens. - Psalm 89:2

O Lord, you are my God. I will exalt you, I will praise Your name, For You have done wonderful things; Your counsels of old are faithfulness and truth. - Isaiah 25:1

Home | Practice | Record | Browse | Settings

Hello Lucas — How Are you Feeling Today?

Albums | All Affirmations

On the Road — Filter By

7/05/23
I am grateful for the chance to become healthy and capable of traveling to new places.

7/07/23
I am happy to be in a refreshing new place with my wife and best friend.

7/10/23
The wind and rain make me know how to live through struggles.

7/12/23
A new experience outside the city and in the forest is a new life experience to make me a better person.

Home | Practice | Record | Browse | Settings

Likes ⦿
Self-recorded ☐
Bookmarked ☐
Date ☐

Delete Recorded Affirmation?

KEEP AFFIRMATION

REMOVE

Keeps selected affirmation/return to previous screen

Deletes selected afirmation

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From the default home screen, users have a holistic view of all the affirmations they have recorded, liked, and bookmarked. Both self-recorded and saved affirmations that have not been recorded yet are visible. Affirmations that are self-recorded will be labeled with a microphone badge, while those saved have the bookmark icon as indicated on the screen second to left. Affirmations that are labeled by likes and dates will always be self-recorded affirmations. Users can select the filter icon on the top right to search for their affirmations by likes, self-recordings, bookmarks, and dates. Users also may delete affirmations from these screens.
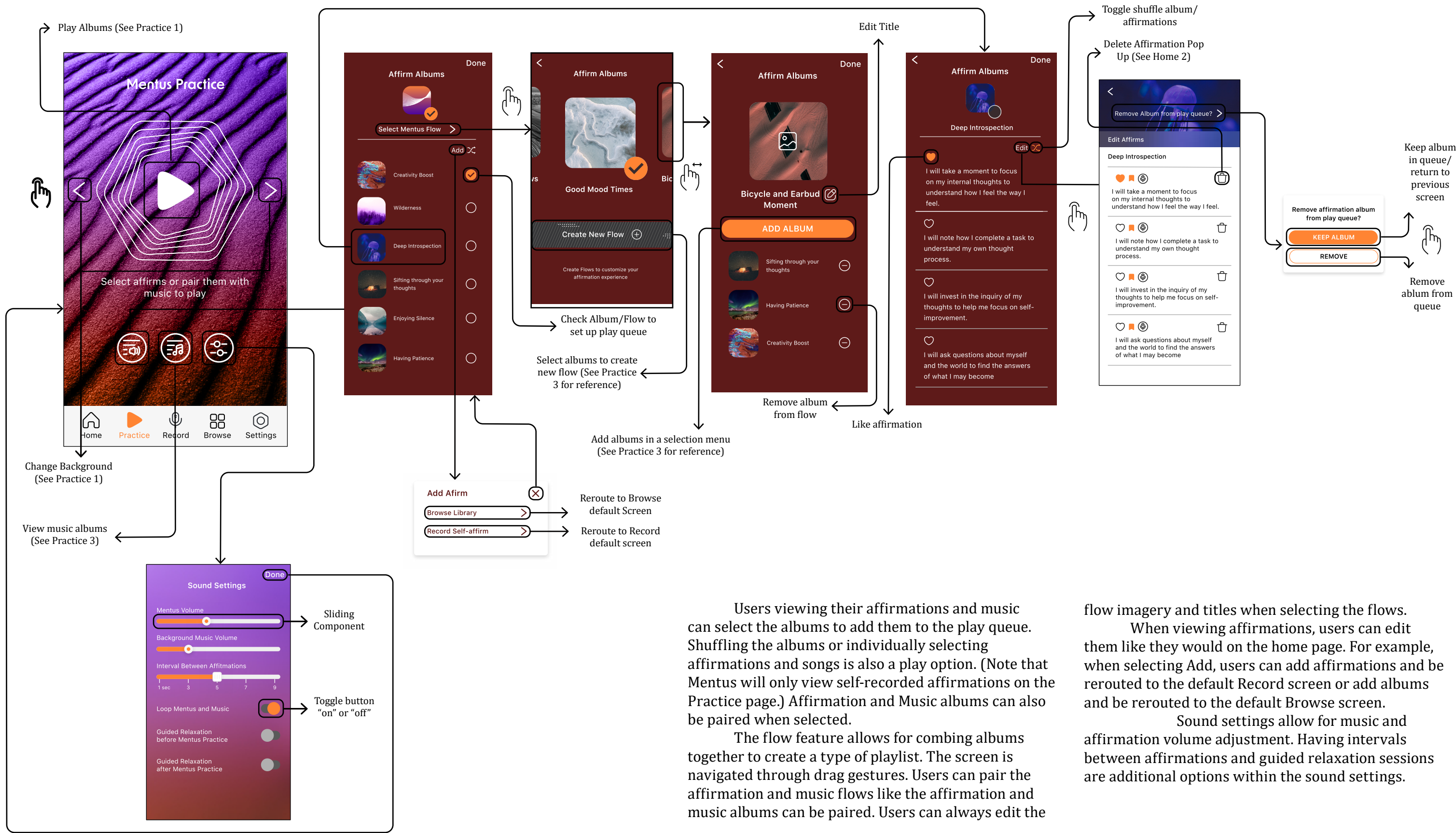
PRACTICE 1: BACKGROUND CUSTOMIZATION
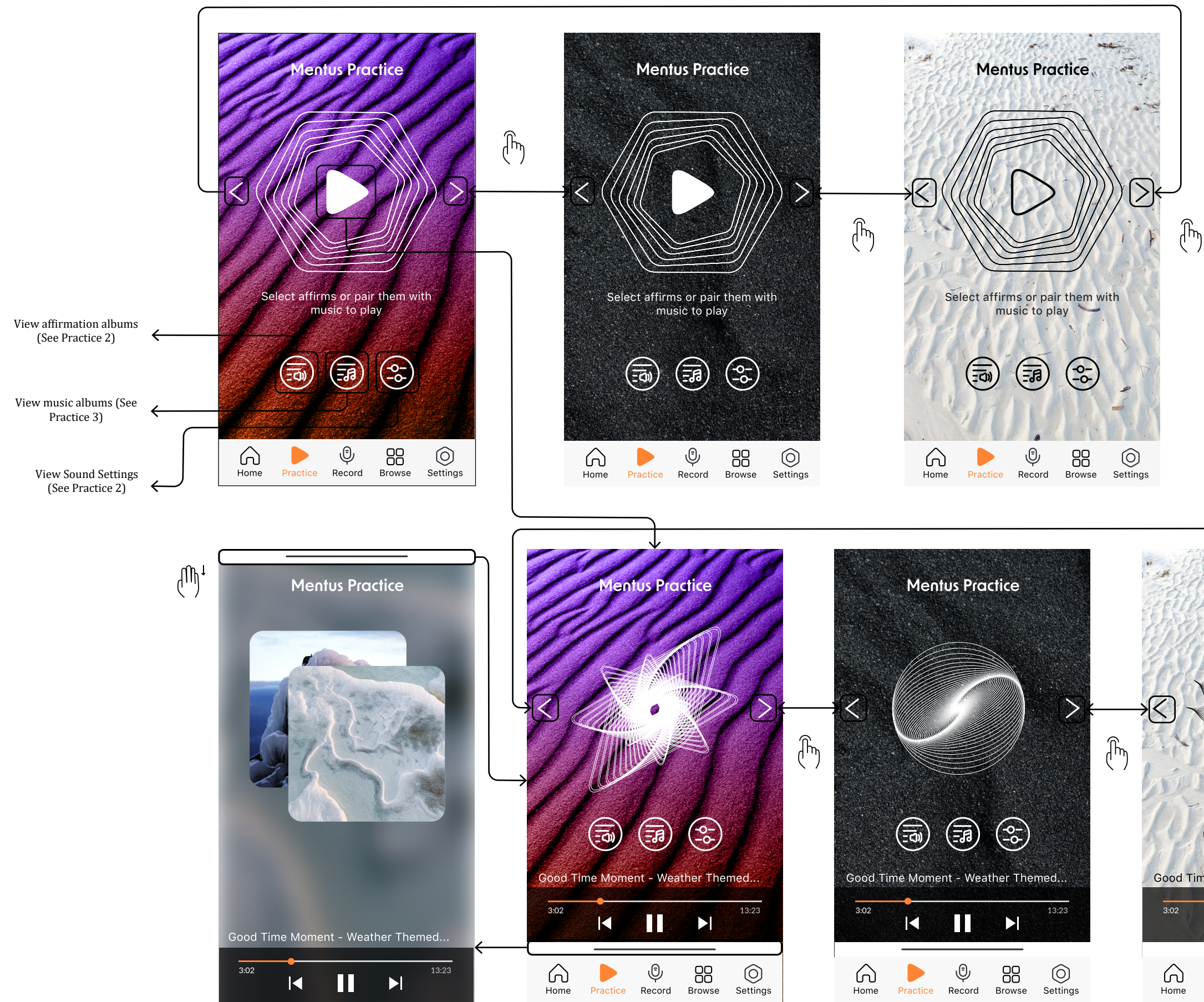
Users can view their affirmations, music albums, and sound settings from the Practice default screen. At the default screen, users can change the background on the screen. Toggling the chevrons on the right or left loops through texture backgrounds with different colors. When the user selects the play button with his affirmation and music queue ready, changing the background is still available.

When toggling the chevrons while the affirmations and music is playing, vector art appears over the texture backgrounds for additional artistic effect. As the affirmations and music is playing, components similar to what are seen in music apps are present.

View affirmation albums (See Practice 2)

View music albums (See Practice 3)

View Sound Settings (See Practice 2)

PRACTICE 2: SELECTING AFFIRMATIONS AND SOUND SEETINGS

Play Albums (See Practice 1)

Toggle shuffle album/ affirmations

Edit Title

Delete Affirmation Pop Up (See Home 2)

Mentus Practice

Select affirms or pair them with music to play

Home · Practice · Record · Browse · Settings

Change Background (See Practice 1)

View music albums (See Practice 3)

Affirm Albums — Done

Select Mentus Flow

Add

Creativity Boost

Wilderness

Deep Introspection

Sifting through your thoughts

Enjoying Silence

Having Patience

Affirm Albums

Good Mood Times

Create New Flow

Create Flows to customize your affirmation experience

Check Album/Flow to set up play queue

Select albums to create new flow (See Practice 3 for reference)

Affirm Albums — Done

Bicycle and Earbud Moment

ADD ALBUM

Sifting through your thoughts

Having Patience

Creativity Boost

Add albums in a selection menu (See Practice 3 for reference)

Remove album from flow

Affirm Albums — Done

Deep Introspection

Edit

I will take a moment to focus on my internal thoughts to understand how I feel the way I feel.

I will note how I complete a task to understand my own thought process.

I will invest in the inquiry of my thoughts to help me focus on self-improvement.

I will ask questions about myself and the world to find the answers of what I may become

Like affirmation

Remove Album from play queue?

Edit Affirs

Deep Introspection

I will take a moment to focus on my internal thoughts to understand how I feel the way I feel.

I will note how I complete a task to understand my own thought process.

I will invest in the inquiry of my thoughts to help me focus on self-improvement.

I will ask questions about myself and the world to find the answers of what I may become

Keep album in queue/ return to previous screen

Remove affirmation album from play queue?

KEEP ALBUM

REMOVE

Remove ablum from queue

Add Afirm ⊗

Browse Library

Record Self-affirm

Reroute to Browse default Screen

Reroute to Record default screen

Sound Settings — Done

Mentus Volume

Background Music Volume

Interval Between Affimations
1 sec   3   5   7   9

Loop Mentus and Music

Guided Relaxation before Mentus Practice

Guided Relaxation after Mentus Practice

Sliding Component

Toggle button "on" or "off"

Users viewing their affirmations and music can select the albums to add them to the play queue. Shuffling the albums or individually selecting affirmations and songs is also a play option. (Note that Mentus will only view self-recorded affirmations on the Practice page.) Affirmation and Music albums can also be paired when selected.
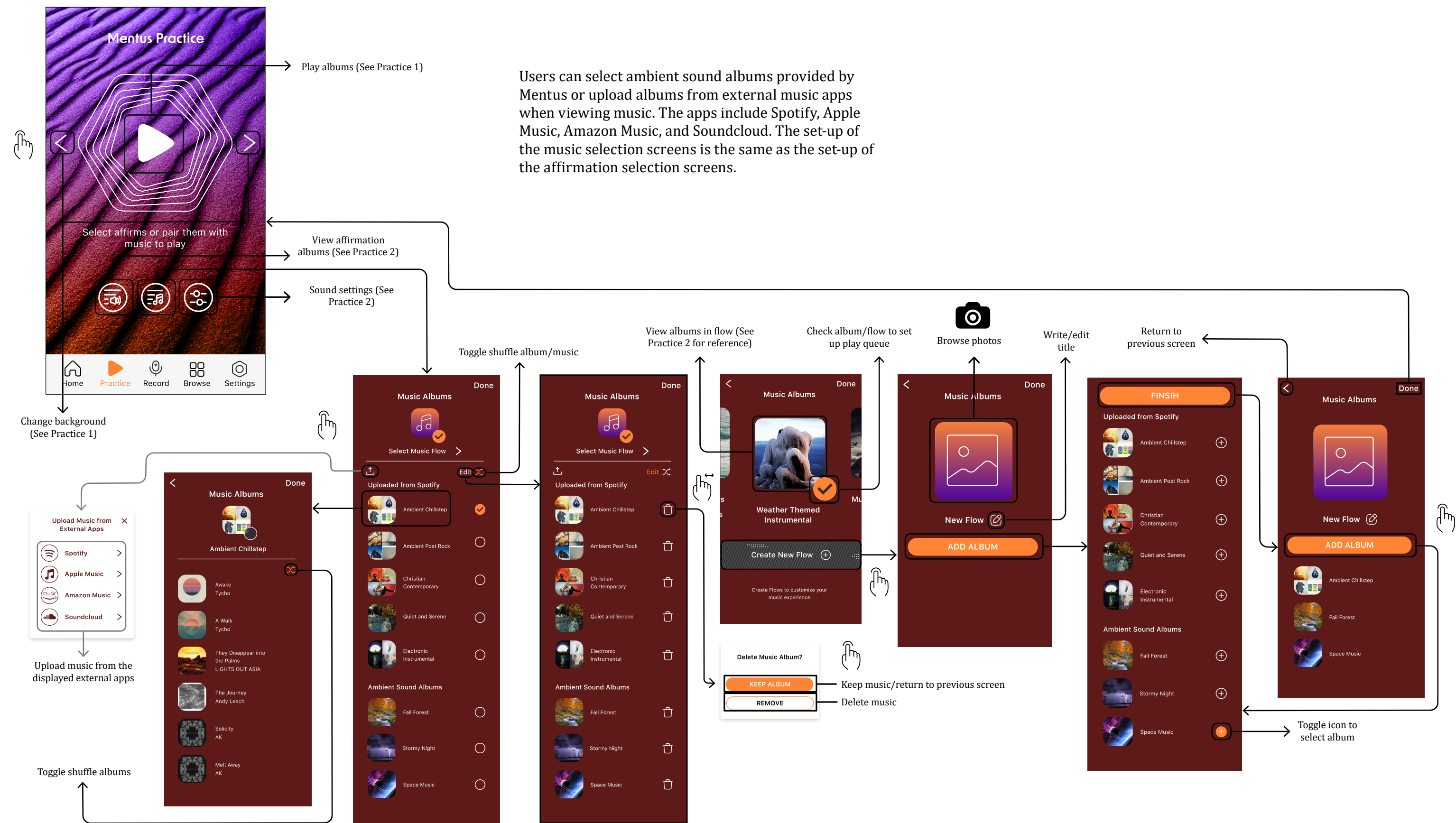
The flow feature allows for combing albums together to create a type of playlist. The screen is navigated through drag gestures. Users can pair the affirmation and music flows like the affirmation and music albums can be paired. Users can always edit the flow imagery and titles when selecting the flows.
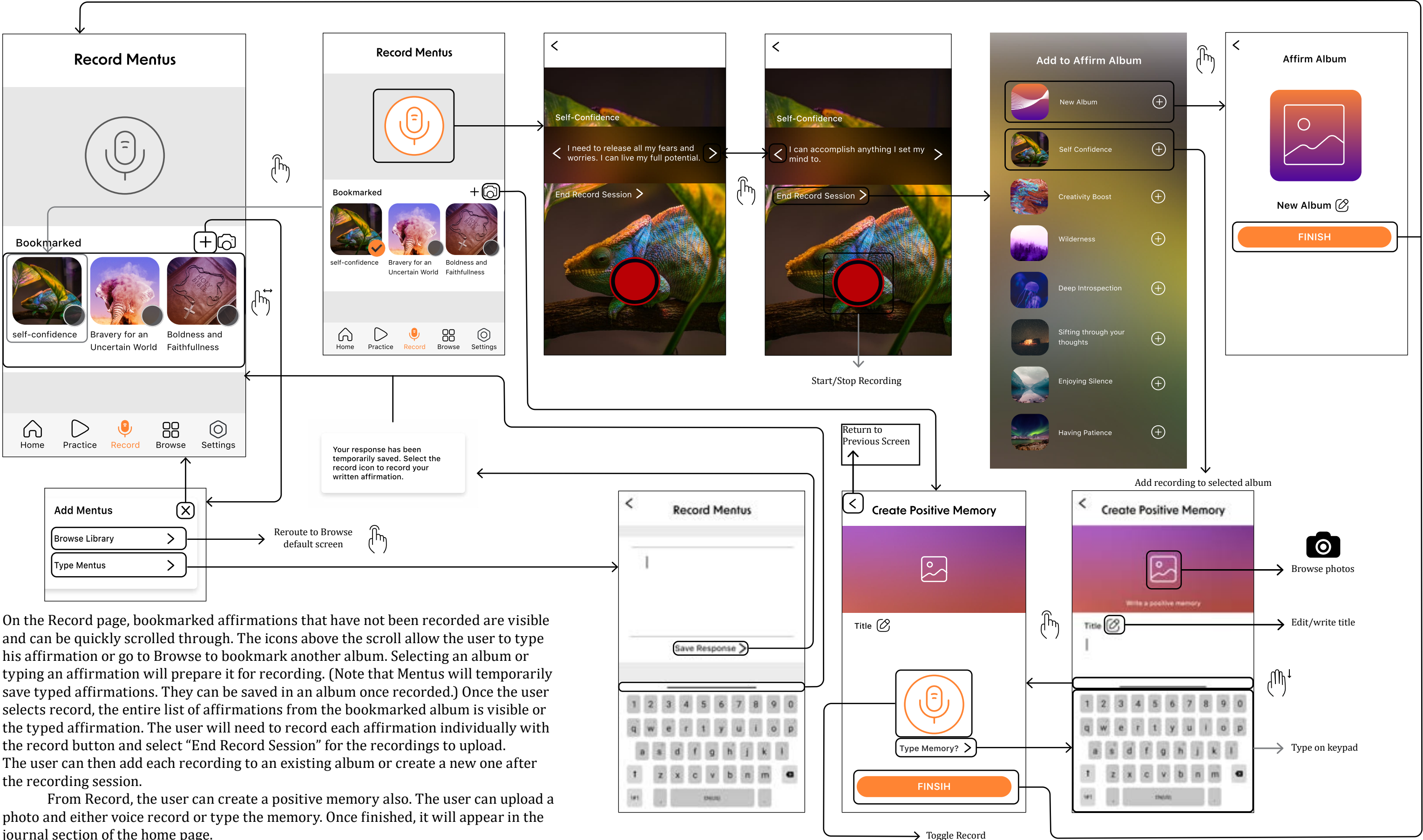
When viewing affirmations, users can edit them like they would on the home page. For example, when selecting Add, users can add affirmations and be rerouted to the default Record screen or add albums and be rerouted to the default Browse screen.

Sound settings allow for music and affirmation volume adjustment. Having intervals between affirmations and guided relaxation sessions are additional options within the sound settings.

PRACTICE 3: SELECTING MUSIC

Play albums (See Practice 1)

Users can select ambient sound albums provided by Mentus or upload albums from external music apps when viewing music. The apps include Spotify, Apple Music, Amazon Music, and Soundcloud. The set-up of the music selection screens is the same as the set-up of the affirmation selection screens.

Mentus Practice

Select affirms or pair them with music to play

Home Practice Record Browse Settings

View affirmation albums (See Practice 2)

Sound settings (See Practice 2)

Change background (See Practice 1)

View albums in flow (See Practice 2 for reference)

Check album/flow to set up play queue

Browse photos

Write/edit title

Return to previous screen

Toggle shuffle album/music

Music Albums
Done
Select Music Flow
Edit
Uploaded from Spotify
Ambient Chillstep
Ambient Post Rock
Christian Contemporary
Quiet and Serene
Electronic Instrumental
Ambient Sound Albums
Fall Forest
Stormy Night
Space Music

Upload Music from External Apps
Spotify
Apple Music
Amazon Music
Soundcloud

Upload music from the displayed external apps

Music Albums
Done
Ambient Chillstep
Awake — Tycho
A Walk — Tycho
They Disappear into the Palms — LIGHTS OUT ASIA
The Journey — Andy Leech
Solicity — AK
Melt Away — AK

Toggle shuffle albums

Music Albums
Done
Select Music Flow
Edit
Uploaded from Spotify
Ambient Chillstep
Ambient Post Rock
Christian Contemporary
Quiet and Serene
Electronic Instrumental
Ambient Sound Albums
Fall Forest
Stormy Night
Space Music

Delete Music Album?
KEEP ALBUM
REMOVE

Keep music/return to previous screen

Delete music

Music Albums
Done
Weather Themed Instrumental
Create New Flow
Create Flows to customize your music experience

Music Albums
Done
New Flow
ADD ALBUM

FINSIH
Uploaded from Spotify
Ambient Chillstep
Ambient Post Rock
Christian Contemporary
Quiet and Serene
Electronic Instrumental
Ambient Sound Albums
Fall Forest
Stormy Night
Space Music

Music Albums
Done
New Flow
ADD ALBUM
Ambient Chillstep
Fall Forest
Space Music

Toggle icon to select album

RECORD

Record Mentus

Bookmarked

self-confidence | Bravery for an Uncertain World | Boldness and Faithfullness

Home Practice Record Browse Settings

Record Mentus

Bookmarked

self-confidence | Bravery for an Uncertain World | Boldness and Faithfullness

Home Practice Record Browse Settings

Self-Confidence

I need to release all my fears and worries. I can live my full potential.

End Record Session

Self-Confidence

I can accomplish anything I set my mind to.

End Record Session

Start/Stop Recording

Add to Affirm Album

New Album
Self Confidence
Creativity Boost
Wilderness
Deep Introspection
Sifting through your thoughts
Enjoying Silence
Having Patience

Add recording to selected album

Affirm Album

New Album

FINISH

Your response has been temporarily saved. Select the record icon to record your written affirmation.

Add Mentus

Browse Library
Type Mentus

Reroute to Browse default screen

Return to Previous Screen

Record Mentus

Save Response

Create Positive Memory

Title

Type Memory?

FINSIH

Toggle Record

Create Positive Memory

Title

Browse photos

Edit/write title

Type on keypad

On the Record page, bookmarked affirmations that have not been recorded are visible and can be quickly scrolled through. The icons above the scroll allow the user to type his affirmation or go to Browse to bookmark another album. Selecting an album or typing an affirmation will prepare it for recording. (Note that Mentus will temporarily save typed affirmations. They can be saved in an album once recorded.) Once the user selects record, the entire list of affirmations from the bookmarked album is visible or the typed affirmation. The user will need to record each affirmation individually with the record button and select "End Record Session" for the recordings to upload.
The user can then add each recording to an existing album or create a new one after the recording session.

From Record, the user can create a positive memory also. The user can upload a photo and either voice record or type the memory. Once finished, it will appear in the journal section of the home page.

BROWSE
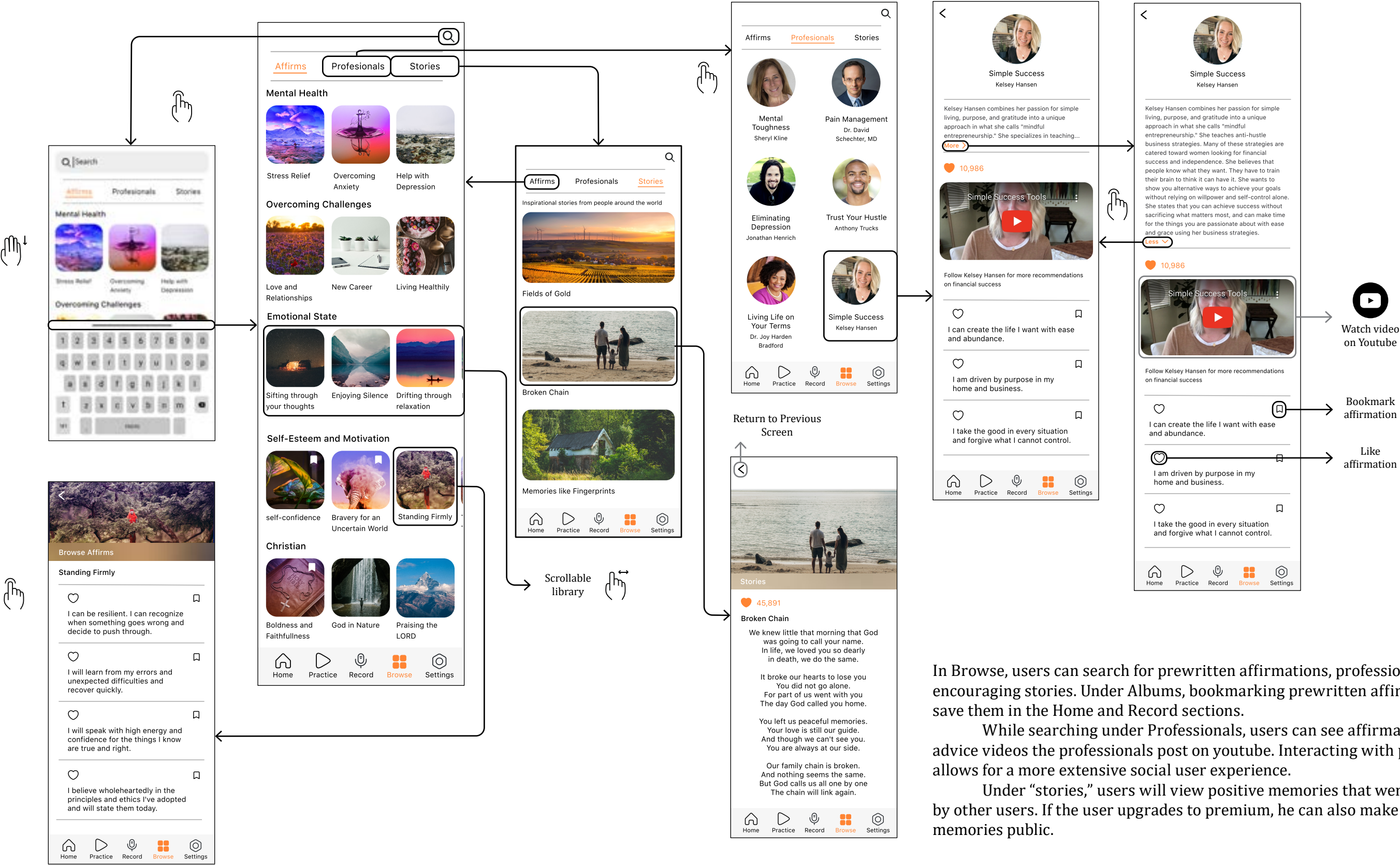
In Browse, users can search for prewritten affirmations, professional advice, or encouraging stories. Under Albums, bookmarking prewritten affirmations will save them in the Home and Record sections.

While searching under Professionals, users can see affirmations and advice videos the professionals post on youtube. Interacting with professionals allows for a more extensive social user experience.

Under "stories," users will view positive memories that were made public by other users. If the user upgrades to premium, he can also make his positive memories public.
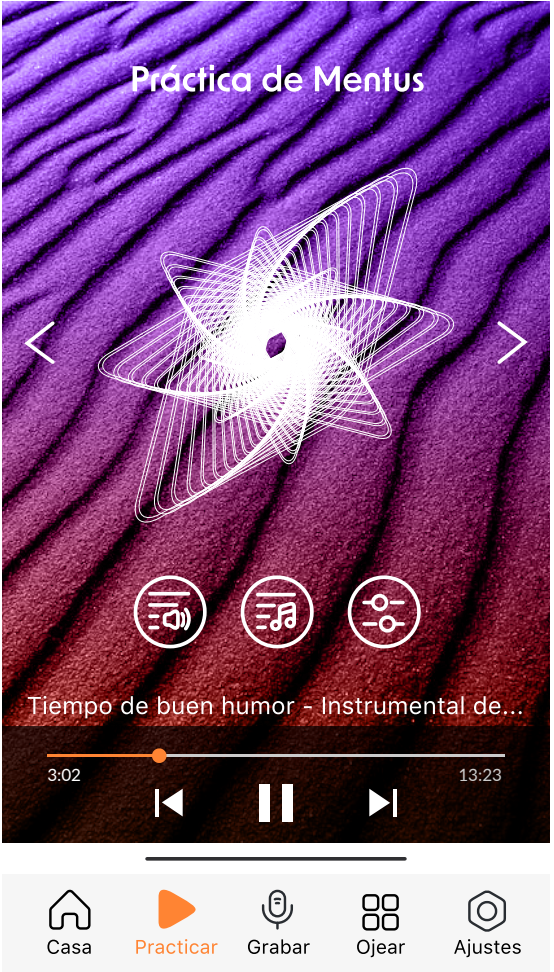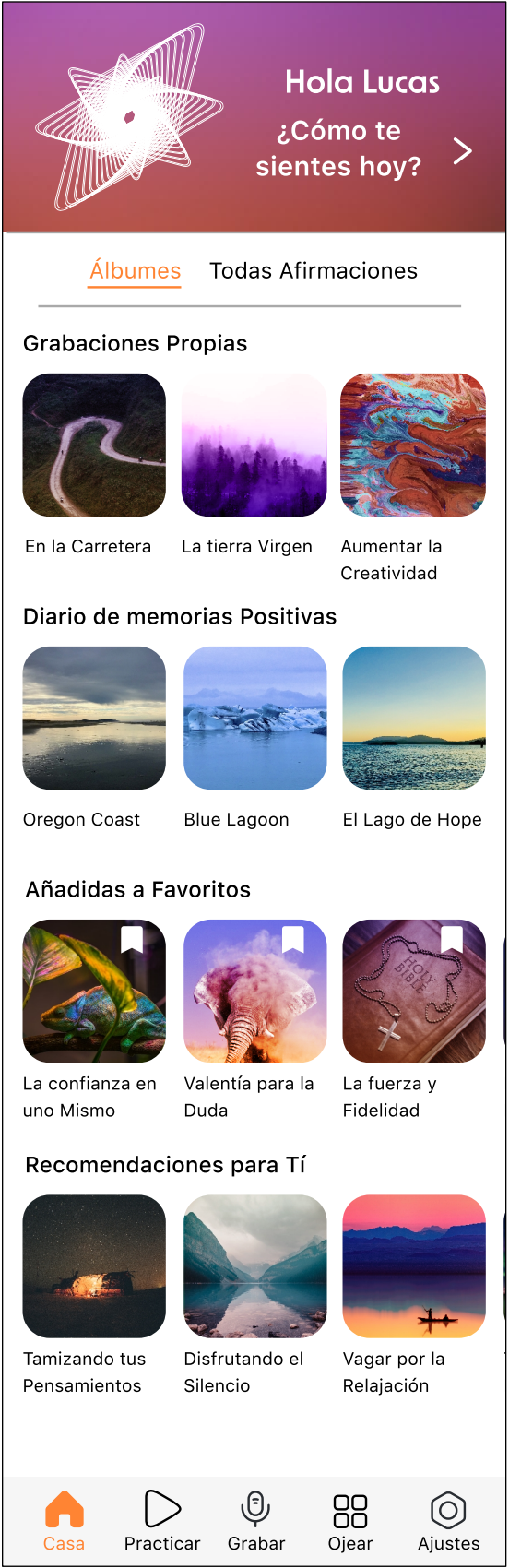
SETTINGS
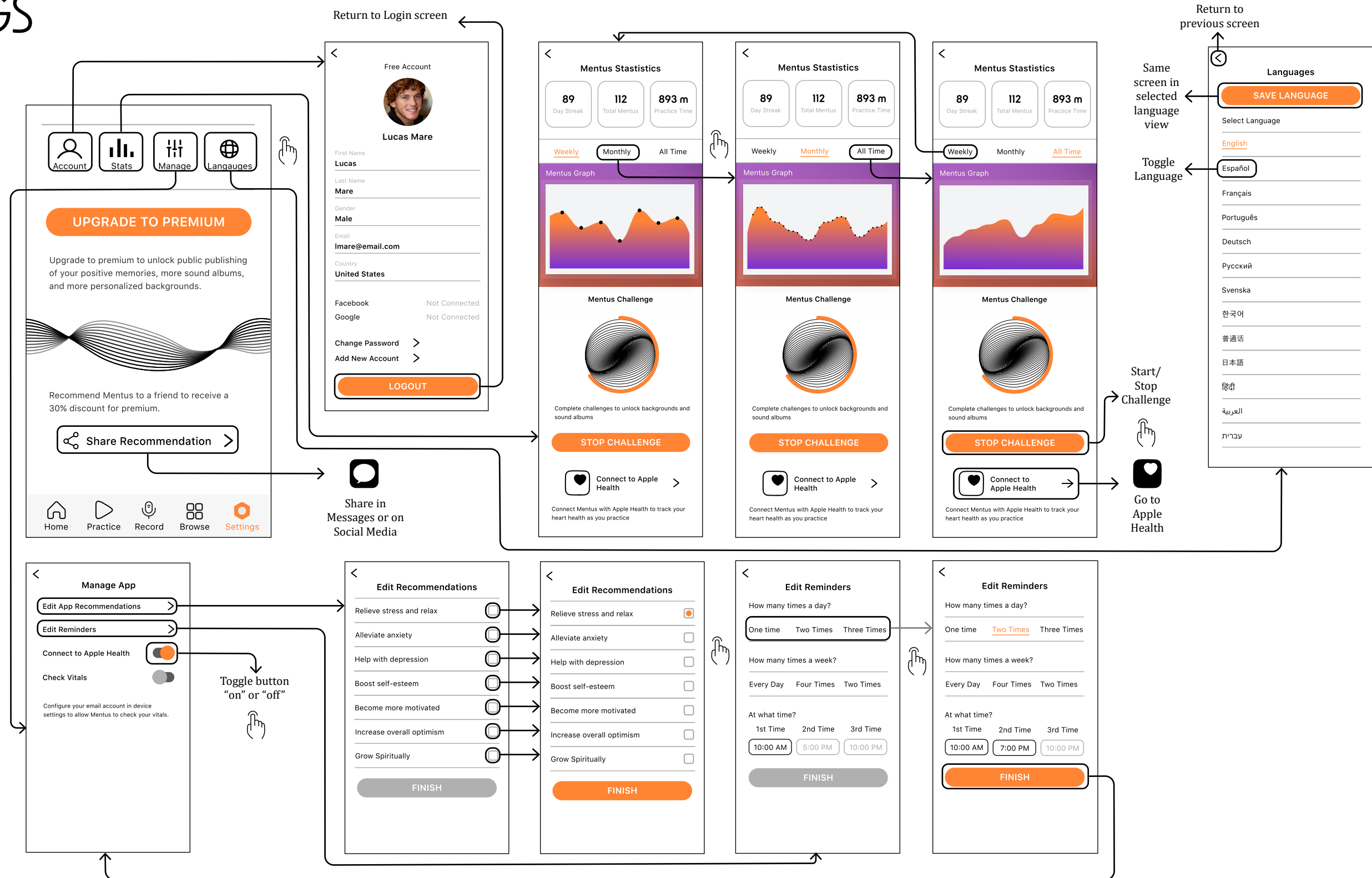
Settings is where users can view their account information, challenge stats and languages, and manage their app recommendations and reminders. The main screen shows four icons at the top to take the user to the different setting areas and an advertisement for Mentus premium. If users choose the premium plan, they can unlock more sound albums and background images and make their positive memories visible in the stories section of "Browse."
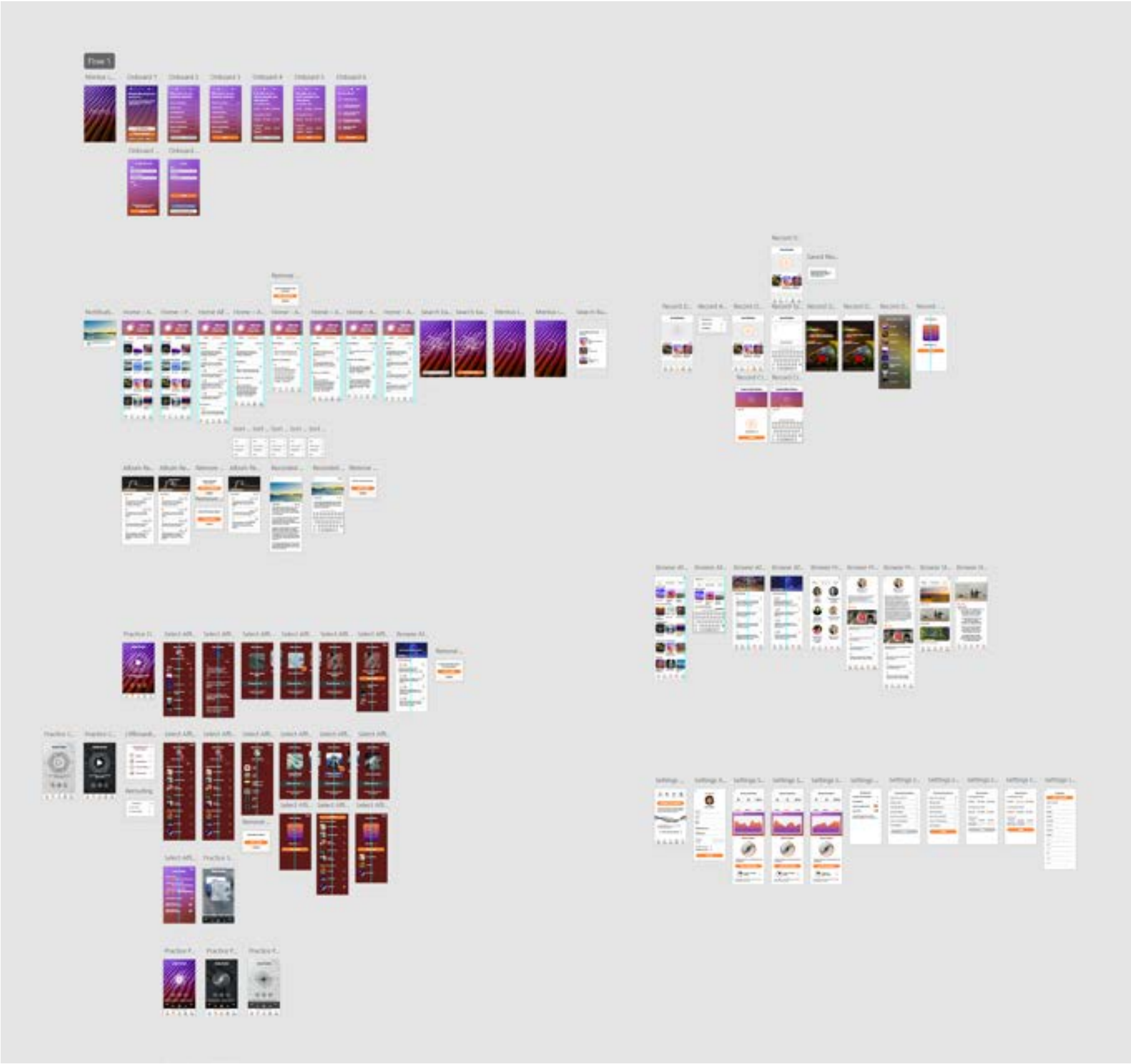
In "Accounts," the user sees his profile, email, country, and a logout button that takes the user back to the first onboarding screen.

The stats page shows how often the user has practiced and a button to start/stop the Mentus challenge. Participating in the Mentus challenge unlocks more backgrounds and sound albums for Mentus. (Note that users can only participate in the challenges if they have an account.)

In "Manage," users can edit their recommendations and notifications, connect to Apple Health, and allow the app to check their vitals.

"Languages" is set up where users select the language they want and select the "save button" to change the app's language.
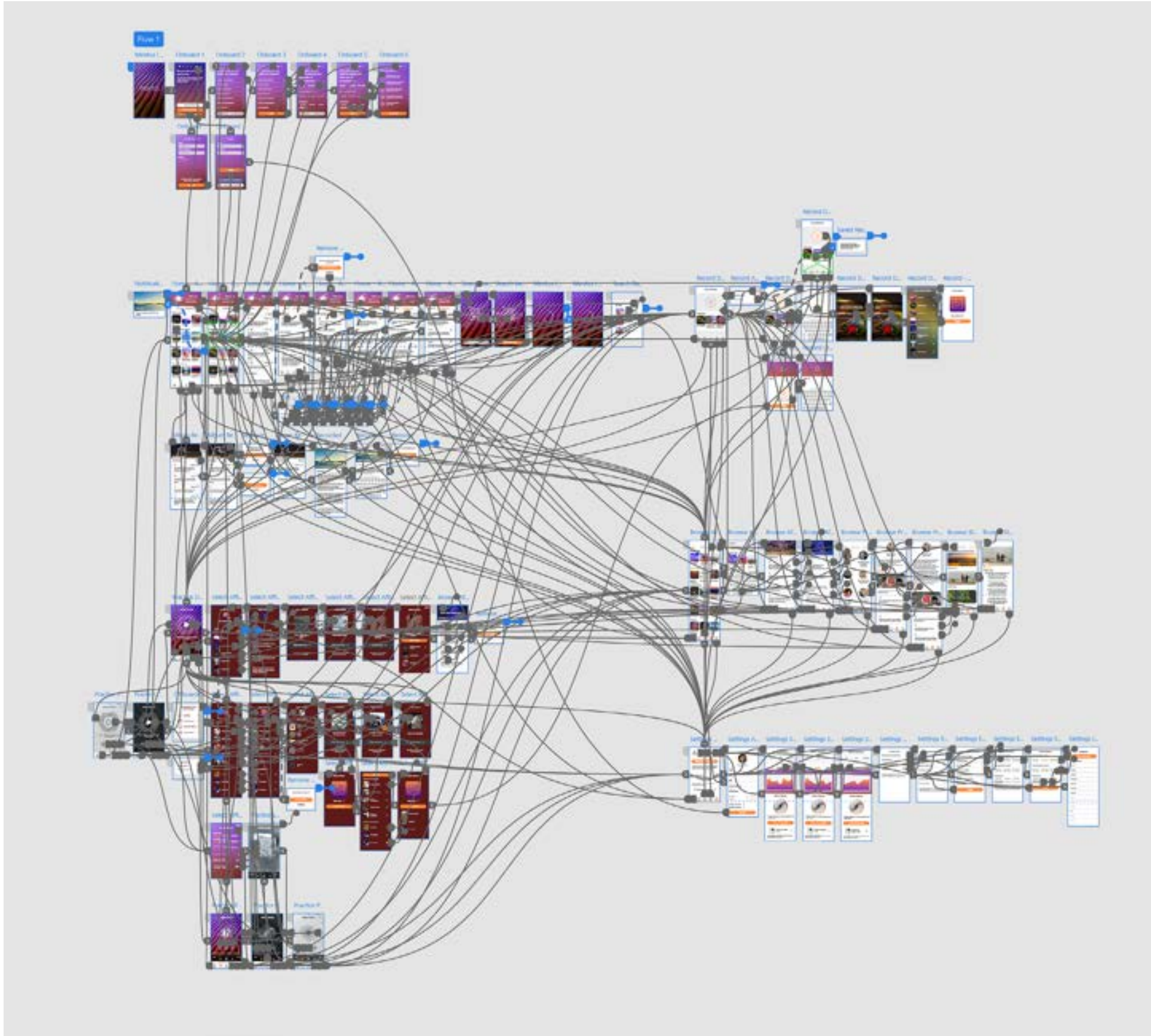
SPANISH VIEW

Screen 1 (Onboarding)

Saltarte →

Convierte en la persona que quieres ser.

Establece tus objetivos para que Mentus pueda ayudarte en lograr tu objetivo en crear tu actitud positivo.

COMENZAR

REGISTRARTE SESIÓN

¿Ya tienes una sesión? Inciar Sesión →

Screen 2 (Home)

Hola Lucas
¿Cómo te sientes hoy? →

Álbumes   Todas Afirmaciones

Grabaciones Propias

En la Carretera   La tierra Virgen   Aumentar la Creatividad

Diario de memorias Positivas

Oregon Coast   Blue Lagoon   El Lago de Hope

Añadidas a Favoritos

La confianza en uno Mismo   Valentía para la Duda   La fuerza y Fidelidad

Recomendaciones para Tí

Tamizando tus Pensamientos   Disfrutando el Silencio   Vagar por la Relajación

Casa   Practicar   Grabar   Ojear   Ajustes

Screen 3 (Practice)

Práctica de Mentus

Tiempo de buen humor - Instrumental de...

3:02   13:23

Casa   Practicar   Grabar   Ojear   Ajustes

Screen 4 (Edit Affirmations)

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¿Quitar álbum de cola de practicar? →

Editar Afirmaciones

La introspección Profunda

Yo tomaré un momento para enfocar sobre mis pensamientos internos para comprender como me siento.

Yo notaré como completo una tarea para comprender mi proceso de pensamiento.

Yo invertiré en la consulta de mis pensamientos para ayudarme a enfocar en la autosuperación.

Yo preguntaré sobre mí mismo y el mundo para encontrar respuestas sobre lo que puedo convertir en.

Screen 5 (Record)

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La confianza en uno Mismo

Yo necesito soltar mis miedos y inquietudes. Yo puedo vivir con potencial total.

‹   ›

Terminar sesión de grabar →

XD SCREEN DESIGNMODE

XD PROTOTYPE MODE

MOCKUP