

# DiaryGPT

*Journaling with GPT eases the practice of self-reflection while also making it a more powerful self-developmental tool*

## Benefits of a personal diary:

- Help you get thoughts out of your head,
- Understand issues in your life better,
- Reveal patterns in your thinking,
- Bring more gratitude into your life,
- Clarify your values,
- ...and so much more.

## Problems with traditional journaling:

- 1) Staring at a blank page and knowing what to write can be a barrier to regular and effective practice.
- 2) Using static prompts ("What are you grateful for today?") can feel generic and stale after some time.
- 3) You don't read through your old entries often, so the act of writing down your thoughts and experiences doesn't compound in the way that it should.

## **DiaryGPT to the rescue - A custom GPT that puts self-reflection on steroids:**

- 1) Journalling becomes more like a conversation, so you don't have to feel paralyzed by a blank page.
- 2) It reacts to you with genuinely fresh and personal prompts, so journalling is much less likely to get stale or old.
- 3) It can reference things you've shared in concise language that helps you learn from past experiences.

## DiaryGPT has three usage modes:

- **Regular reflection** - Adding a diary entry as part of a regular journaling practice, with reflections about recent experiences.
- **Reactive reflection** - Process thoughts and emotions in reaction to an immediate experience.
- **Reminder** - Remind DiaryGPT to raise a particular subject that next time you sit down for a journaling session.

**[ Demo ]**