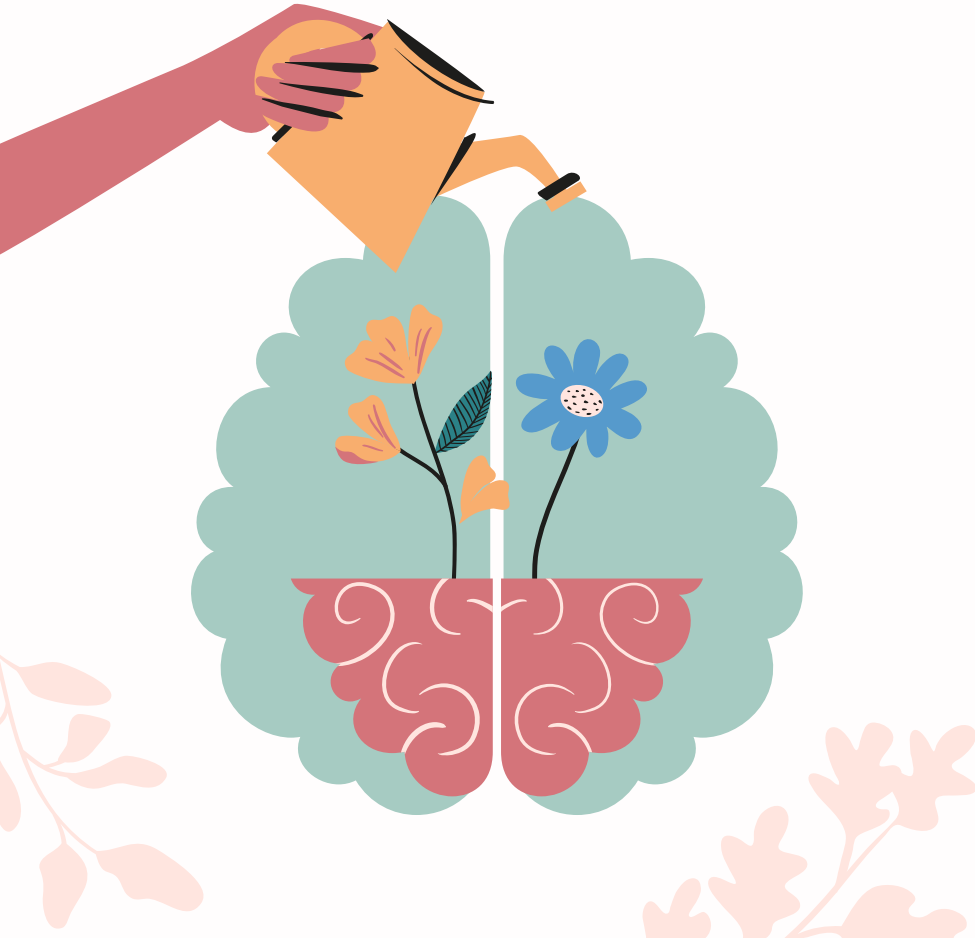


# Worthy. you

It's all about the mindset





# *Worthy.* you

Empower your inner self with Worthy You - where personal affirmations meet self-discovery, guiding you through a journey of overcoming insecurities to uncover your true worth

# Maybe you know these...



**Calm**

emphasizes relaxation and sleep meditation

\$2 billion



**headspace**

focuses on teaching meditation and building a consistent practice

\$3 billion

# Maybe you know these...



## Calm

emphasizes relaxation and sleep meditation

\$2 billion



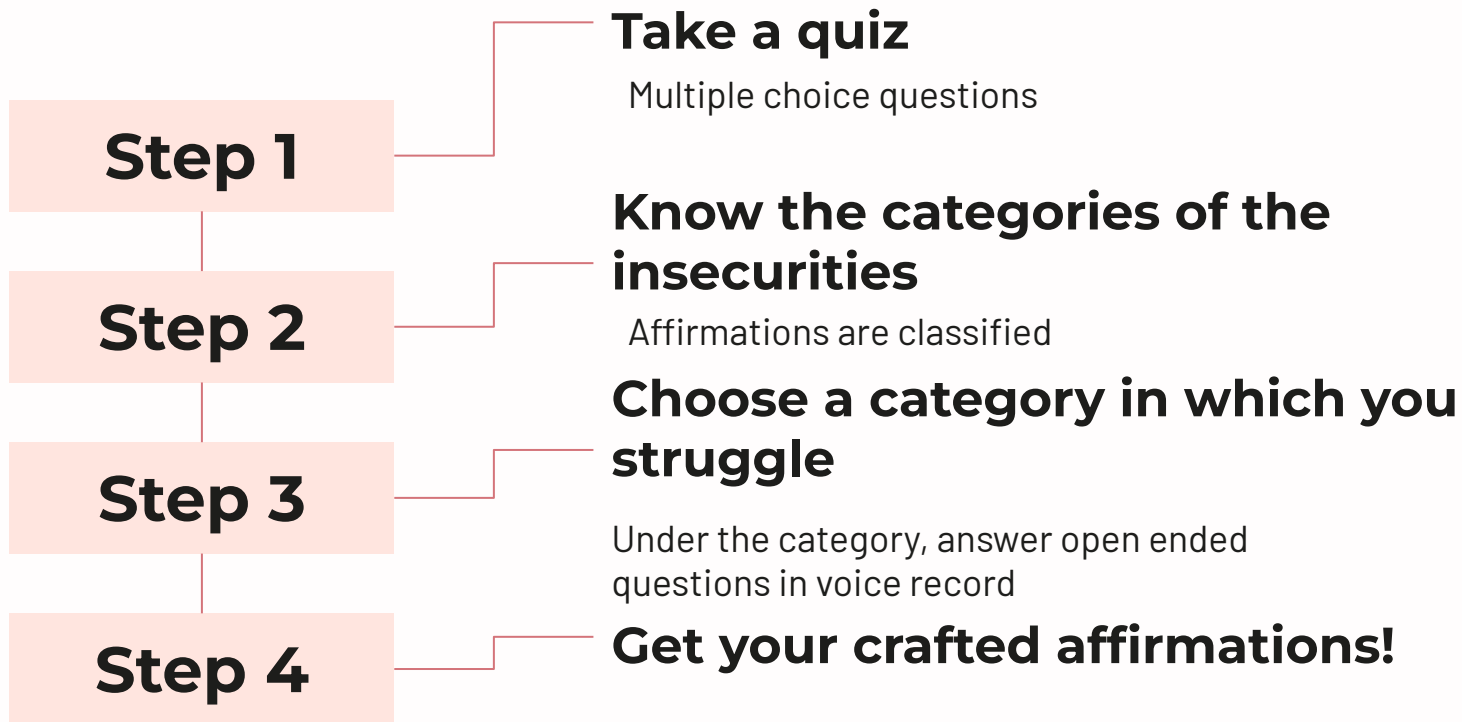
## headspace

focuses on teaching meditation and building a consistent practice

\$3 billion

*Worthy. you*  
Is 10x **better**

# The flow



Worthy.you



Good Morning, Rahul

Crafting your Personalized affirmations

**you're worthy**  
Don't question Yourself



▶ Play 10 min

Meditation paths for you

Appearance academic performance acceptance

**take a general quiz**

feeling bad about yourself  
but don't know why?  
take a quiz and figure out your  
insecurities.



📄 5 min quiz

Recently played

**Social Acceptance**  
believe you are worthy of  
social acceptance



← Personalized affirmations

Your personalized affirmations are crafted based on your specific insecurities, designed to uplift and empower you. Listening to these affirmations daily is key to resetting your mindset and fostering positive change in your life.



**Appearance**  
believe in your beauty



▶ Play 2 min

**Social Acceptance**  
believe you are worthy of  
social acceptance



▶ Play 3 min

**Academic Performance**  
believe you are worthy  
of acing your exams



▶ Play 2 min

**Competence**  
believe in your own  
capabilities



🔊 Read 1 min

## ← Figuring out the insecurities

In social settings, what specific behaviors or situations trigger feelings of insecurity or rejection?

Being excluded or left out of social gatherings or conversations

Receiving negative feedback or criticism from peers

Feeling like I don't belong or fit in with certain social groups

Comparing myself unfavorably to others in terms of popularity or social status

back

next

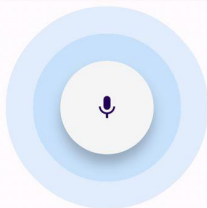
4G

2:0V

## ← Appearance

### Appearance

Embrace your flaws, nobody is perfect!



press the mic, and hold to record

What features of your appearance that you feel insecure about?

About my weight I feel bad about my weight

Delete

Submit



## Appearance

Discover the radiant beauty that resides within you, waiting to be unveiled through the practice of mindfulness and self-reflection. Embrace the journey of inner exploration, where the gentle whispers of your soul guide you towards a profound sense of self-love and acceptance.



i feel good about my body regardless of my size

Pick background effects

Ocean

rain

Forest

none

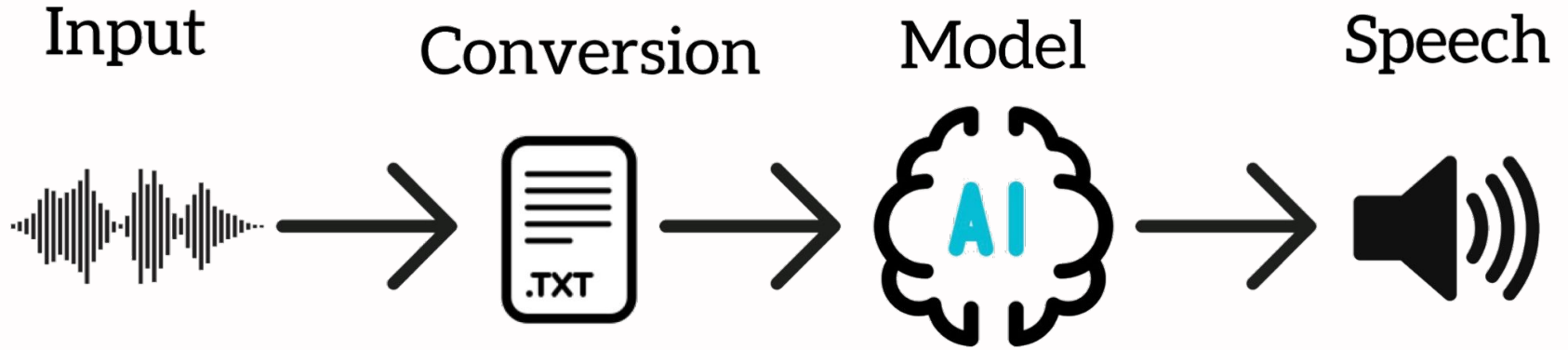
1:15



3:00



# Methodology







# Our team

## Eilaf Mohammad

Certified ios developer by apple  
Psychology- clinical therapy

## Mohammad Qasem

Full time Flutter developer

## Khalid Al Dhafeeri

Certified TensorFlow Developer  
Artificial Intelligence Specialist

## Hussain Al Mansory

Machine Learning Engineer



**Thank you**

