

An app for quietly reflecting on daily life

Happiness Navi / Happiness Navi ProAI

A personal app designed to record small daily habits and moments of awareness, helping you gently reflect on your own state. It is intentionally simple so that it can be continued without pressure.

■ Happiness Navi (Free) *Available in Japanese only

- Record your daily mood and visualize small habits
- Notes of gratitude and awareness, with simple graph views

iOS



<https://apps.apple.com/jp/app/id6745115637>

Android



https://play.google.com/store/apps/details?id=com.h3llc.shiawasekan_navi

■ Happiness Navi ProAI

- Basic features are available for free
- AI message feature is a paid option
- Daily recording, habit visualization, and gentle messages from AI

iOS



<https://apps.apple.com/app/id6753702775>

This app is intended for personal recording and reflection only and is not designed for medical diagnosis, treatment, or healthcare purposes.