

What's up with ME

The first soul fitness app

What's up with ME Application helps

When YOU do not know what you FEEL

When YOU do not know what to THINK

When YOU do not know what to DO

The Atlas of the Human Soul

What's up with ME Application's core structure

The Atlas of the Human Soul (C)

- What's up with ME Application's core structure - the Atlas of the Human Soul (C)
- The Atlas is a comprehensive collection of all human feelings and personality traits defined by classical and modern psychology theories
- The Atlas is based on the unity of opposites and follows a strict sequence

The Atlas usage

- The Atlas might be used for psychotherapy as a supplementary tool
- The Atlas could serve as the main self development tool both for business or individual usage
- The Atlas might serve as a professional tool to build new and refine existing personality theories

Building and Enhancing Self-Esteem

The main target of What's up with ME Application

What's up with ME App targets to support self-development and building self-esteem

Application provides guidance in solving the main psychological dilemmas:

- I want to live but do not feel that I deserve to be
- I want to be heard so I freeze in silence
- I feel too important so I am totally paralyzed
- I am so ashamed to talk about it so I am shouting too loud
- Etc.

What's up with ME Application features

Number of personality theories used for application interface structure development

The application is ready made for different professionals' usage:

- Human Recourse specialists

- Psychologists

- Business Executives

- YOU

- etc.

The application is linked to a set of professional services in your region:

- Help-lines

- Life Coaching services

- Psychotherapists

- etc.

What's up with ME Application User Interface structure

Personality theories used

What's up with ME Application User Interface structure proposed - **Thomas A. Harris theory**

- 1. I am OK**
- 2. I am NOT OK**
3. (Search field of predefined traits from the Atlas)

What's up with ME Application User Interface structure proposed - **WH Sheldon theory**

1. I am OK
 1. **Confident**
 2. **Enjoying life**
 3. **Inspired**
2. I am NOT OK
 1. **Lacking confidence**
 2. **Lacking Energy**
 3. **Confused**
3. (Search field of predefined traits from the Atlas)

What's up with ME Application User Interface structure proposed - **incompatible** personality traits from Atlas

1. I am OK
 1. Confident
 2. Enjoying life
 3. Inspired
2. I am NOT OK
 1. Lacking confidence
 1. **I am Arrogant/I want to be more Respectful**
 2. Lacking Energy
 1. **I am Dependent/I want to be more Independent**
 3. Confused
 1. **I am Destructive/I want to be more Constructive**
3. (Search field of predefined traits from the Atlas)

What's up with ME Application User Interface structure proposed – **related** personality traits from Atlas

1. I am OK
 1. Confident
 2. Enjoying life
 3. Inspired
2. I am NOT OK
 1. Lacking confidence
 1. I am Arrogant/I want to be more Respectful
 2. Lacking Energy
 1. I am Dependent/I want to be more Independent
 3. Confused
 1. I am Destructive/I want to be more Constructive
 2. **I am Stubborn**
 1. **What about being Dogmatic as well**
 2. **What about being Fanatic as well**
 3. **What about being Preaching as well**
3. (Search field of predefined traits from the Atlas)

What's up with ME Application User Interface structure proposed – self development **tools** proposed

1. I am OK
 1. Confident
 2. Enjoying life
 3. Inspired
2. I am NOT OK
 1. Lacking confidence
 1. I am Arrogant/I want to be more Respectful
 2. Lacking Energy
 1. I am Dependent/I want to be more Independent
 3. Confused
 1. I am Destructive/I want to be more Constructive
 1. **Freelinks available**
 2. **Feelinks available**
 2. I am Stubborn
 1. What about being Dogmatic as well
 2. What about being Fanatic as well
 3. What about being Preaching as well
3. (Search field of predefined traits from the Atlas)

My personal psych'o'PATH

Customized self-development tool

My psych'o'PATH

What's up with ME Application provides a customized self-development path based on modern psychology concepts

I want to solve cognitive dissonance:

I am Destructive

I want to be more Constructive

Freelinks available

Feelinks available

I want to learn paradox navigation

I want to become creative on demand

I want to master handling self evolving/chaos structures

I want to strengthen assertive behaviors

I want to avoid self-handicapping behaviors

I want to learn effective self-presentation strategies

I want to become Scrum master in Agile environment

I want to develop Well tamed aggressiveness

etc.

Questions and Comments?

Open discussion