

1. Executive Summary

The 'Wheel of Life' is a mobile-first digital learning experience designed to help users bridge the gap between their current reality and their ideal life balance. Using Learning Experience Design (LXD) principles, the app transforms a standard self-reflection exercise into a data-driven, actionable 90-day growth roadmap.

2. Target Audience

Individuals seeking personal development and holistic balance.
Learners who respond well to visual feedback and structured action plans.
Stakeholders interested in instructional design efficacy and brand-aligned digital tools.

3. User Journey & Screen Flow

The application follows a linear 5-stage instructional flow:

Welcome & Context: Sets expectations and states learning outcomes.

Assessment: Interactive 7-segment wheel rating (0-10) across Body, Emotions, Relationships, Time, Career, Finances, and Celebration.

Results Overview: Visual identification of "out of balance" areas and average scoring.

Area Deep Dive: Focused qualitative reflection and quantitative 90-day target setting for each life area.

Action Plan: Auto-generated priorities with scheduling affordances and a 90-day commitment timeline.

4. Key Features

Live-Updating SVG Wheel: Immediate visual feedback during the assessment phase.
Dynamic Prioritization: Automatic flagging of low-scoring areas to guide user focus.
Integrated Scheduling: Ability to commit to actions directly within the interface.
Export Capabilities: PDF download for offline review and progress tracking.
Visual Metaphors: Integration of minimalist, high-contrast illustrations (Undraw style) to provide non-textual anchors for each life domain and user state.

5. Technical Specifications

Device Target: Mobile (Responsive for Tablet/Desktop).
Design System: 'Organic Balance' (Sage Fog, Warm Beige, Teal Whisper palette).
Typography: Montserrat (Headlines) and Open Sans (Body/UI) for optimal readability.
Accessibility: High-contrast text (Deep Taupe) and icon-reinforced functional cues.

Design System (DESIGN.md)

Visual Identity: Organic Balance

The 'Organic Balance' design system is built to evoke calm, clarity, and intentionality.

Color Palette

Sage Fog	Warm Beige	Teal Whisper	Deep Taupe
#A8B5A2	#F5F2E9	#7AB8B1	#4A4A4A

Typography

Headlines: Montserrat (Bold, 48px/Mobile) for authority and modern feel.
Body & UI: Open Sans (Regular/Semibold, 18px) for instructional clarity and friendly tone.

Illustrative Style

Minimalist line and flat-fill illustrations (Undraw) with a primary color palette of Sage Fog, Warm Beige, and Deep Taupe, accented by high-energy Almond (#F76A61) to highlight key visual information.

Component Patterns

Rounding: Uniform 12px radius for all cards, buttons, and input fields.
Spacing: 40px vertical rhythm between major layout blocks to provide "mental breathing room."
Icons: Minimalist stroke style (bolder 700 weight for visibility) with Teal Whisper (#7AB8B1) strokes.

LXD Style Sheet: Instructional Design Guidelines

1. Instructional Tone

The copy should be empathetic but direct. Use active verbs ("Rate," "Identify," "Create") to encourage learner agency while maintaining a non-judgmental environment.

2. Visual Scaffolding

Use the 'Wheel' as a persistent visual metaphor. The learner should always see how their specific inputs affect the "shape" of their overall life balance.

3. Feedback Loops

Immediate: Wheel segments update in real-time.

Interpretive: Results screen uses Warning icons to interpret data for the learner.

Actionable: The Action Plan transforms data into a 90-day commitment.

4. Cognitive Load Management

Limit each screen to one core task (Assess, Reflect, Plan).
Use progress bars (Teal Whisper) to orient the learner within the 5-module flow.
Maintain white space (Warm Beige) to reduce visual overwhelm during deep reflection.

5. Phase 2 Visual Metaphor Mapping

The 'Management & Momentum' infographics are designed to support the user's journey beyond initial assessment into active implementation.



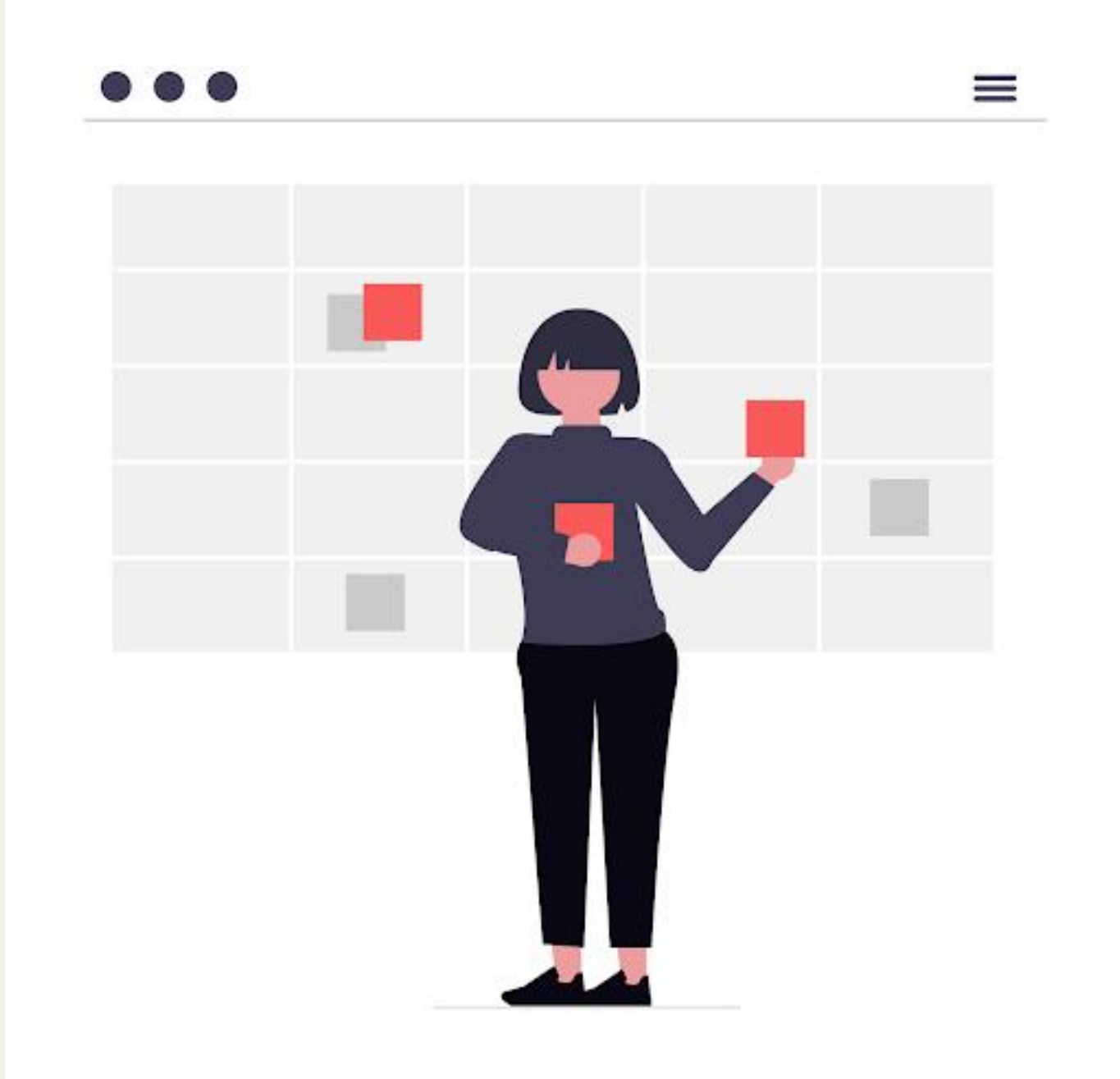
Time Management

Represents focused execution and daily rhythm within the Time module.



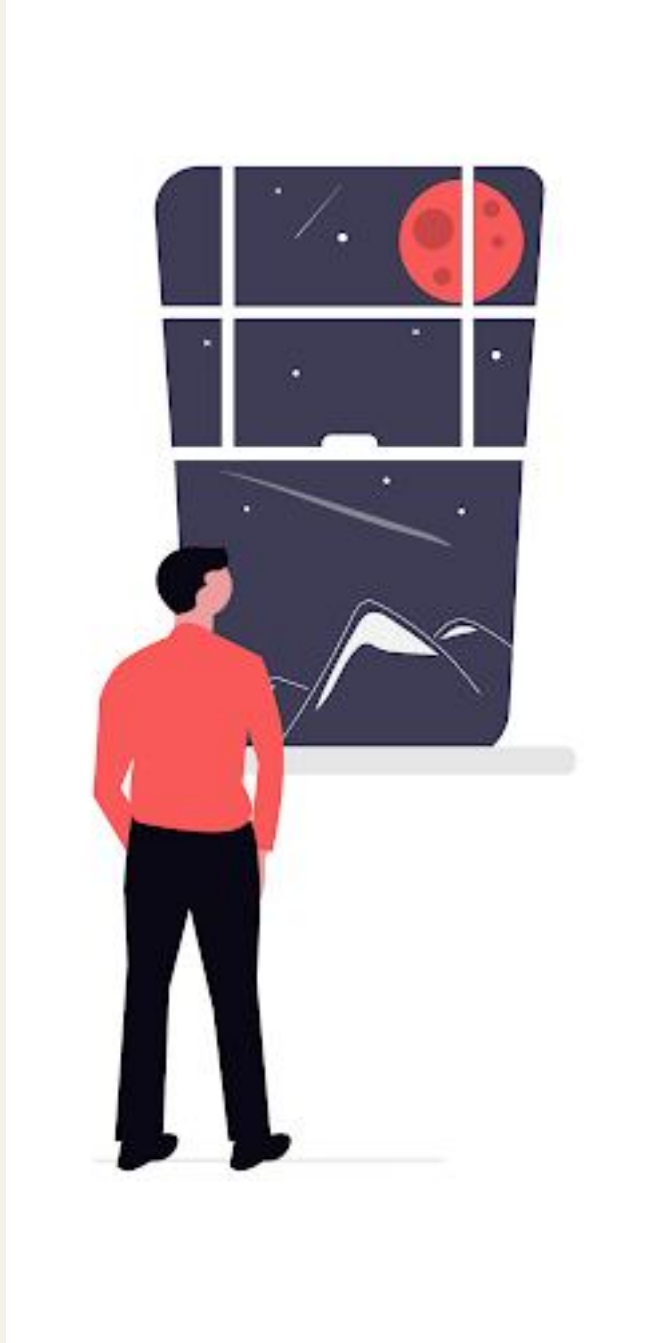
Balance Shift

Visualizes the transition between current states and targets.



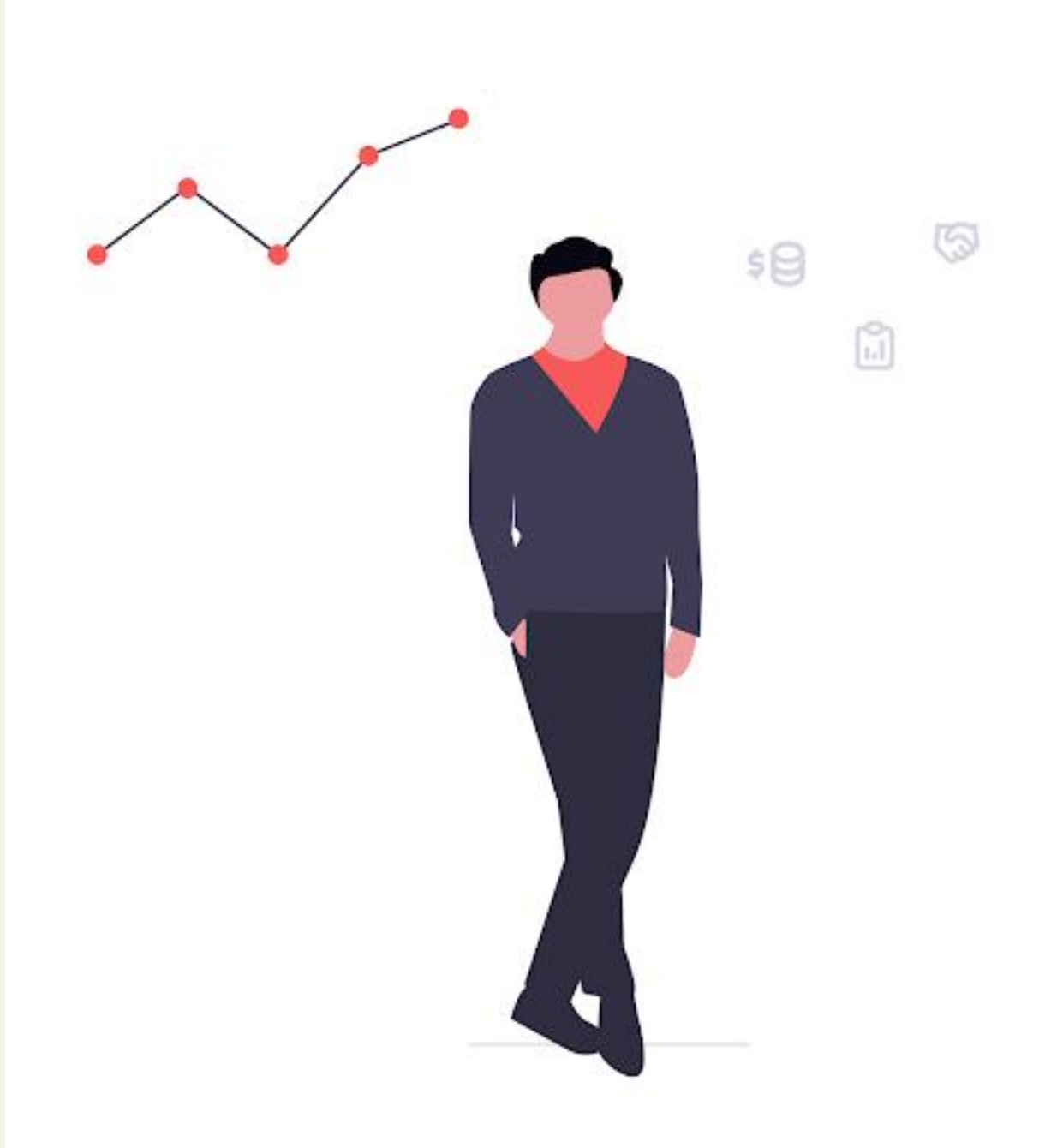
Strategic Planning

Anchor for the Action Plan roadmap.



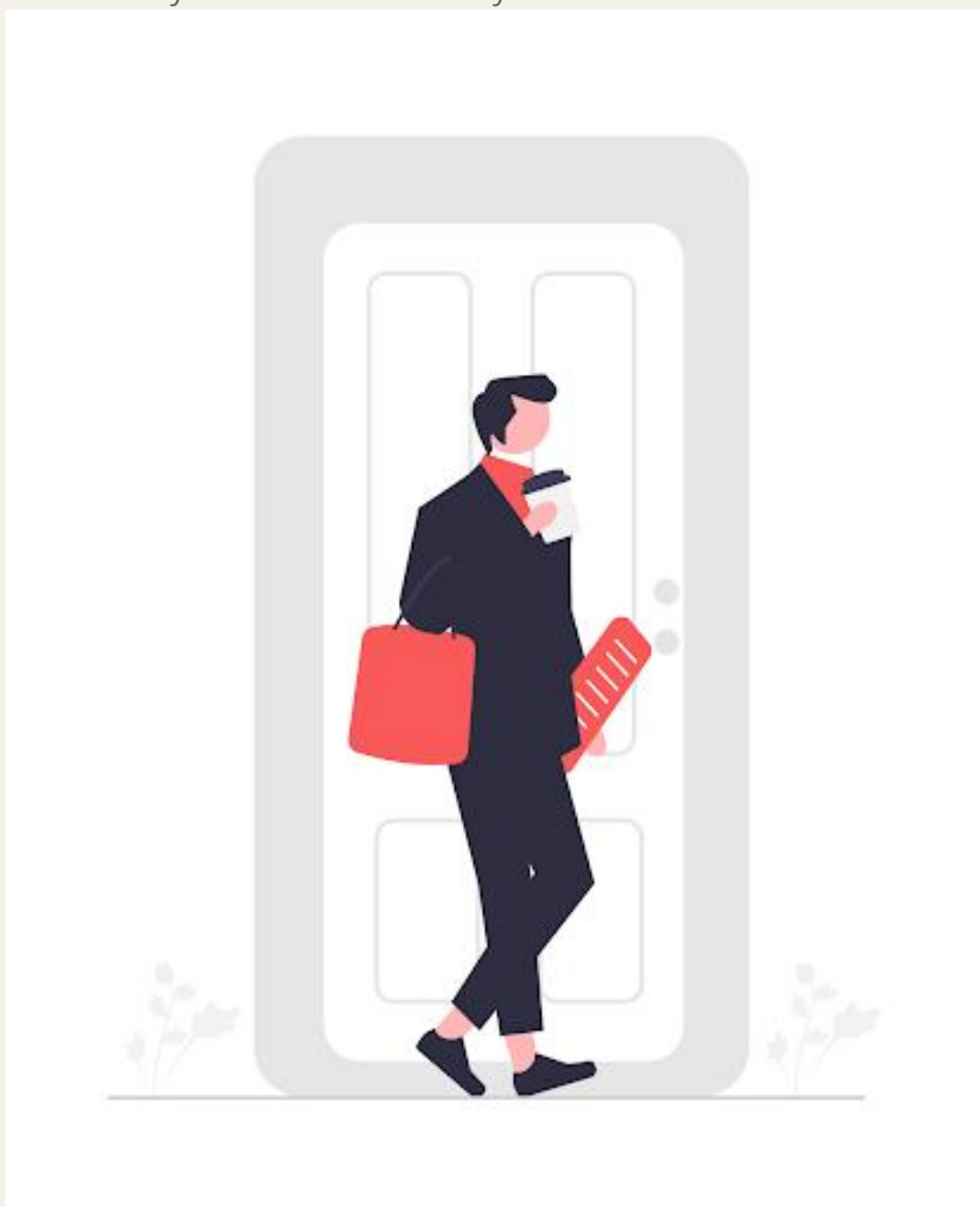
Perspective

Used for reflection on long-term vision.



Achievement

Celebratory visual for the 90-day milestone.



Transitions

Contextualizing growth as a journey between chapters.