

Good Mood Power

Process Book

1.0 Project Overview

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SECTION 1.1

ABOUT THIS PROJECT

This unique data visualization project is dedicated to exploring and understanding the transformative impact of positive moods on our lives. Through innovative and interactive visual tools, this website collects and analyzes individual mood change data, offering insightful perspectives on how good moods influence our well-being, productivity, and overall quality of life.

Purpose is to illuminate the profound effects of positive emotional states on our mental, emotional, and physical health. By aggregating and displaying mood change, foster a deeper appreciation for the significance of nurturing positive emotions, encouraging visitors to recognize and cultivate good moods in their daily lives.



SECTION 1.2

CHALLENGE

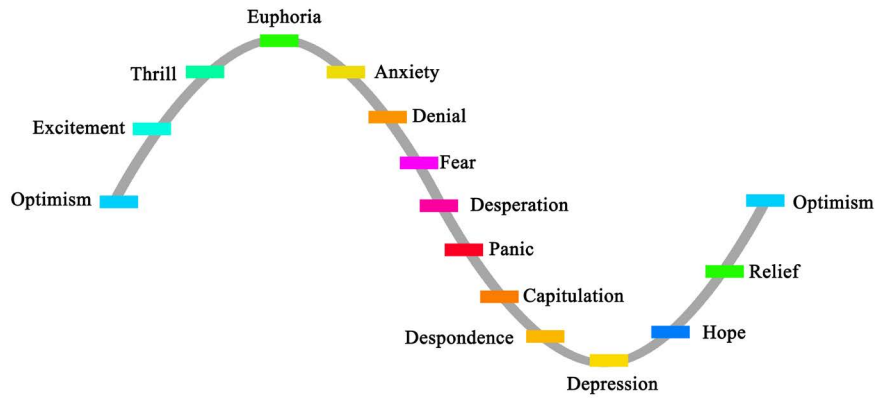
The main challenge in this project is gathering a big data sets and analyze and discuss the content and information. I also have to consider the approach to visualize and present complex data in different media. And Communicating awareness and problem-solving.

About Emotions

In each of us, there is a magical power, which can make you refreshed, but also can make you depressed; it can make you calm and rational but also can make you irritable.

In short, it can strengthen or weaken you, fill your life with sweetness and joy, or make it depressed, dull, and unhappy. Emotion is a magical force that can make a difference in how we feel.

Cycle of Emotions



All those who have negative emotions and do not know how to face them.

SECTION 2.1

FINAL DATASET

X-axis: 7 things that mainly affect my mood
 Y-axis: Each day in January

Day	Work	Education	Exercise	People	Family	My fun	Sleep	Other	Total Score	Mood score of the day	Score obtained by myself	Summary
1	Mon	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+2+2+1+1+1+1	28	Very happy
2	Tue	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	28	Very happy
3	Wed	Work	Exercise	People	Family	My fun	Sleep	Other	8	2+1+1+2+1+1+1	24	General mood today
4	Thu	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	22	The mood during the day was low, but at night it was in a good mood and was in a good mood. But the overall mood was good.
5	Fri	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	18	Today I had a rather calm day with my mood. I was in a good mood and was in a good mood. But the overall mood was good.
6	Sat	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	36	I had a great day with a lot of fun without any homework, and I had some fun. I was in a good mood and was in a good mood. But the overall mood was good.
7	Sun	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	16	Today I had a rather calm day with my mood. I was in a good mood and was in a good mood. But the overall mood was good.
8	Mon	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	17	I was very excited to watch the TV show, but in the evening and my mood was in a good mood. But the overall mood was good.
9	Tue	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	28	I had a great day with a lot of fun without any homework, and I had some fun. I was in a good mood and was in a good mood. But the overall mood was good.
10	Wed	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	22	Today was a happy and exciting day with a lot of fun. I was in a good mood and was in a good mood. But the overall mood was good.
11	Thu	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	18	I had a great day with a lot of fun without any homework, and I had some fun. I was in a good mood and was in a good mood. But the overall mood was good.
12	Fri	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	26	Had an average day, nothing special.
13	Sat	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	52	Today I had a rather calm day with my mood. I was in a good mood and was in a good mood. But the overall mood was good.
14	Sun	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	2	Today I had a rather calm day with my mood. I was in a good mood and was in a good mood. But the overall mood was good.
15	Mon	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	20	The school had a Chinese New Year celebration, which was fun.
16	Tue	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	6	I did group work all day and didn't sleep, and I was in a good mood. But the overall mood was good.
17	Wed	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	14	I finished the course and went to bed.
18	Thu	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	30	My assignment is complete.
19	Fri	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	28	I had a great day with a lot of fun without any homework, and I had some fun. I was in a good mood and was in a good mood. But the overall mood was good.
20	Sat	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	28	Today and tomorrow are very busy days. I was in a good mood and was in a good mood. But the overall mood was good.
21	Sun	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	18	Doing homework with group members and I was in a good mood. But the overall mood was good.
22	Mon	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	44	Today and friends went to the mall, and I was in a good mood. But the overall mood was good.
23	Tue	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	2	The film in the house has been cancelled, and I was in a good mood. But the overall mood was good.
24	Wed	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	20	I've noticed about the quality of the film, and I was in a good mood. But the overall mood was good.
25	Thu	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	24	I was in a good mood and was in a good mood. But the overall mood was good.
26	Fri	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	28	Today finished a perfect TV series, and I was in a good mood. But the overall mood was good.
27	Sat	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	36	Today I had a rather calm day with my mood. I was in a good mood and was in a good mood. But the overall mood was good.
28	Sun	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	42	Today I discussed with my family on how to plan for the future, and I was in a good mood. But the overall mood was good.
29	Mon	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	20	I had a great day with a lot of fun without any homework, and I had some fun. I was in a good mood and was in a good mood. But the overall mood was good.
30	Tue	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	14	A day of doing homework, nothing to report.
31	Wed	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	34	I had a great day with a lot of fun without any homework, and I had some fun. I was in a good mood and was in a good mood. But the overall mood was good.
32	Thu	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	8	I've noticed about the modern man in advertising class today.
33	Fri	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	40	Today I had a rather calm day with my mood. I was in a good mood and was in a good mood. But the overall mood was good.
34	Sat	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	24	I went to a friend's birthday party today, and I was in a good mood. But the overall mood was good.
35	Sun	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	8	Tomorrow the group project is due, and I was in a good mood. But the overall mood was good.
36	Mon	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	18	Today's group project presentation was not very good, but the overall mood was good.
37	Tue	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	22	Today and friends went to the cinema to watch the film, which was very interesting.
38	Wed	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	20	An average day.
39	Thu	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	46	I had a great day with a lot of fun without any homework, and I had some fun. I was in a good mood and was in a good mood. But the overall mood was good.
40	Fri	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	44	Today I had a rather calm day with my mood. I was in a good mood and was in a good mood. But the overall mood was good.
41	Sat	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	32	A day of doing homework, very interesting, and I was in a good mood. But the overall mood was good.
42	Sun	Work	Exercise	People	Family	My fun	Sleep	Other	8	1+1+2+1+1+1+1	18	A day of doing homework, nothing to report.

SECTION 2.1

FINAL DATASET(cont...)

		The energy score represented by each color						
	Mood Type	Best	General	Not good		The best total score for a day's mood	Score	Meaning
Good Mood	Surprise/Excited	6	4	2		6*9=54	50-54	Very good mood
	Happiness	6	4	2			18-49	Good mood
Bad Mood	Fear	-6	-4	-2			0-17	Not bad mood
	Sadness	-6	-4	-2			-10-0	Bad mood
	Anger	-6	-4	-2				

Keys

Emotions Classifications:

Surprise/Excited,
Happiness,
Fear,
Sadness,
Anger

Emotions Scores:

6 points mean good
4 points mean average
2 points mean not good

Work: The main parts that affect my mood are

1. Assignment due soon
2. Nervousness before the presentation
3. Course exam
4. Lots of assignments

Recreation: The main parts that affect my mood are

1. A bad movie or TV series
2. Some scary but exciting videos
3. The only thing about shopping that affects my mood is that it makes me a little tired.

Food: the main parts that affect my mood are

1. No time to eat
2. Cooked meals or meals at restaurants are not good

My pet fish: the main parts that affect my mood are

1. The safety of their lives
2. Buy a new fish, afraid of old fish bullying

Sleep: The main parts that affect my mood are

1. Insomnia
2. have a bad dream
3. No time to sleep

People: The main parts that affect my mood are

1. Conflict with family

Other: the main parts that affect my mood are

1. Meeting interesting people and things, being complimented by passersby, seeing beautiful scenery, etc.

SECTION 3.1

TITLE OPTIONS

1. The power of emotions
2. Please enjoy the different emotions
3. Good mood power

Why

The title is divided into two parts, good mood and power.

Good mood means to make everyone feel happy.

Power means telling everyone the importance of happy emotions and how much energy they bring.

The title uses short words to let everyone understand the meaning faster and better.

SECTION 3.2

TYPEFACE

Name: Nobel–Black

**GOOD MOOD POWER****WHY:**

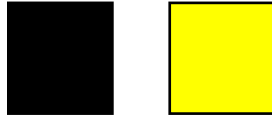
Nobel is a geometric sans-serif typeface. First, it is very readable, the rounded corners make the font look in a good mood, and the o's design is more powerful and looks more coordinated. Black was chosen because it seems steady, in line with the title.

SECTION 3.3

COLORS

Website Colors

Yellow represents a happy emotion in psychology, and the black background makes yellow appear more powerful.

**Data Visualization Colors**

Surprise

Blue is usually considered a spiritual color, it gives a feeling of excitement, so I use blue to indicate surprise.



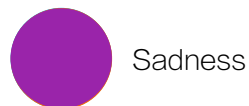
Happiness

Orange is often considered a warm and vibrant color that gives people a sense of enthusiasm, so I use orange to indicate happiness.



Fear

Green is usually considered a color of stress and adventure, giving a feeling of oppression, so I use green to indicate fear.



Sadness

Purple is usually considered the color of anxiety and loneliness, giving a sense of sadness, so I use purple to indicate sadness.

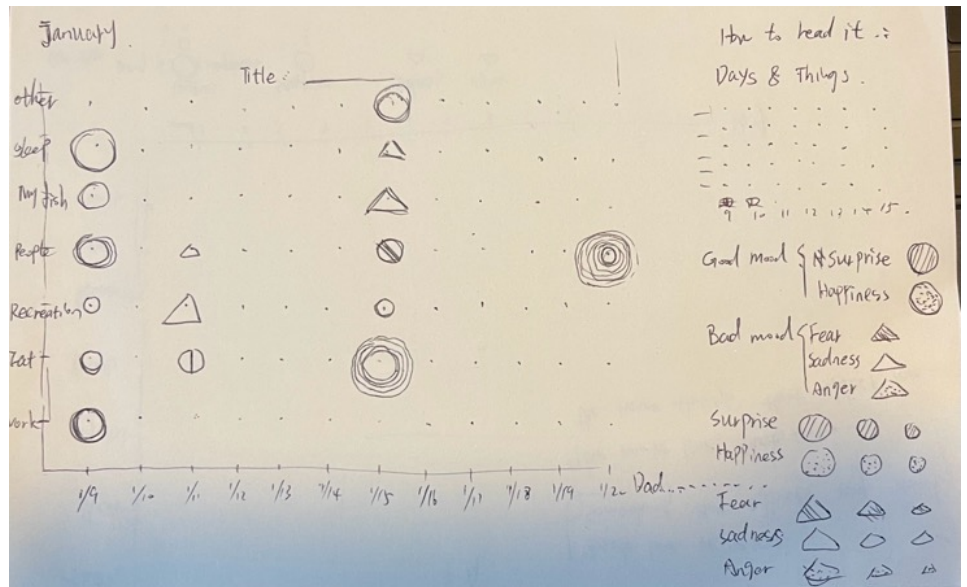


Anger

Red is usually considered an extreme and dangerous color, giving a feeling of violence, so I use red to indicate anger.

SECTION 4.1

DATA VISUALIZATION

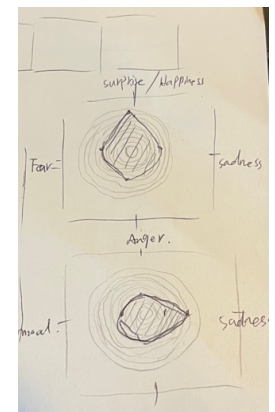
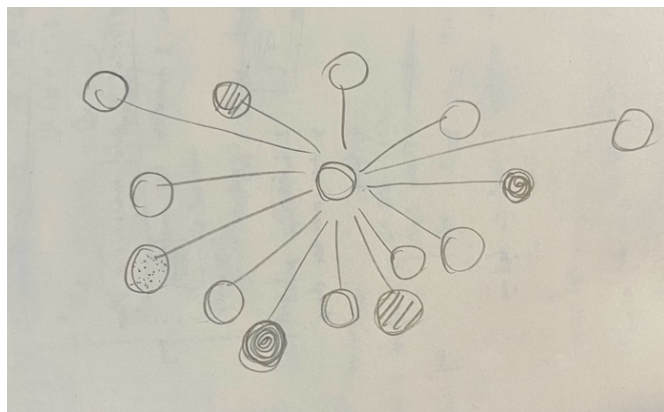


Initially, I used the x-axis and y-axis to represent my daily mood changes. The x-axis indicates each day, and the y-axis indicates the seven things that mainly affect my mood. This approach allows people to clearly see the different aspects of my mood daily.

Emotions are divided into good and bad parts, so I use circles and triangles to express them.

The circle represents a good mood and gives a sense of comfort.

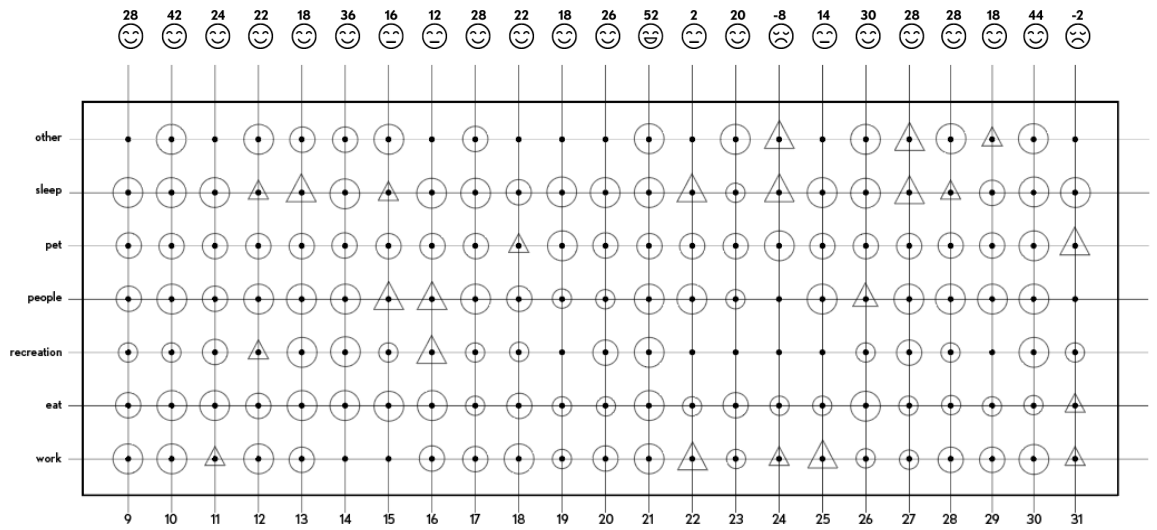
The Triangle represents the bad mood and gives a sense of oppression.



The different circles represent the total score of daily moods. Initially, we plan to use different sizes and colors to express different moods.

SECTION 4.2

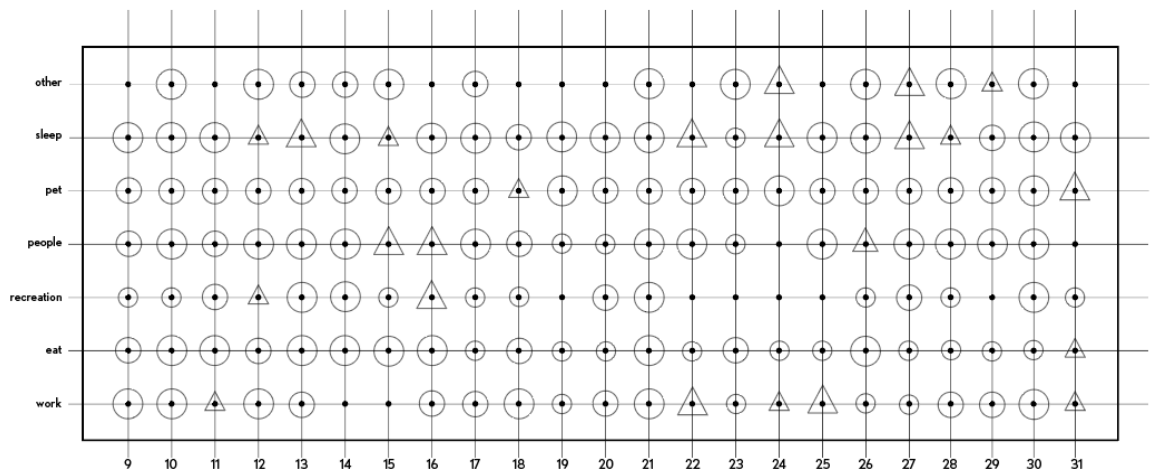
FINALIZED DATA VISUALIZATION 01



The data chart is designed by month, and this is all the moods for January.



The total score of daily mood

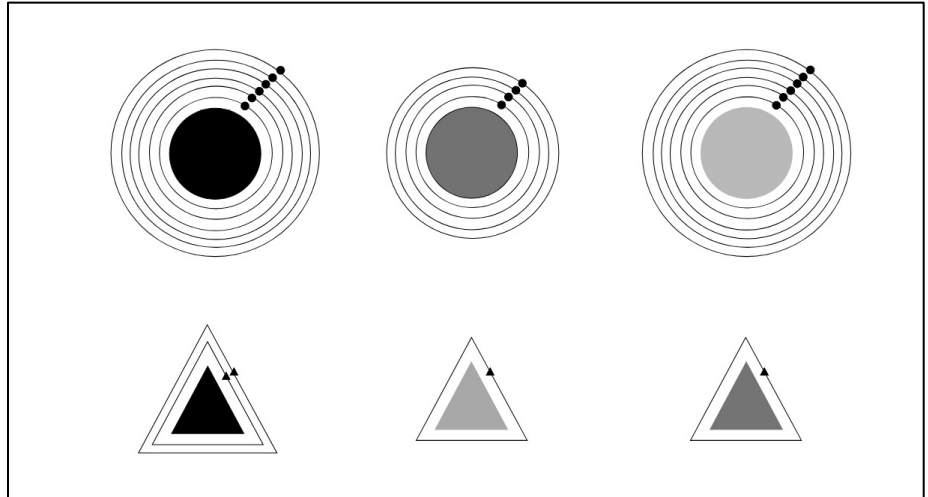


Circle: Good mood

Triangles: Bad mood

Seven things that affect the mood daily:
Work, Eat, Recreation, People, Pet, Sleep, Other

Daily



Here will show the impact of these seven things on all days in a month based on seven things, while this chart shows only the effect of all work aspects on mood.

Each line represents each of the reasons that affect the mood.

Circles represent good mood, and different colors represent different levels of happiness.

Triangles represent bad mood, and different colors represent different levels of sadness.

SECTION 5.1

LAYOUT AND FUNCTIONALITY

Landing Page

On the landing page, you can view this site's introduction or go directly to the explore page.



Website title

The two main parts of the website

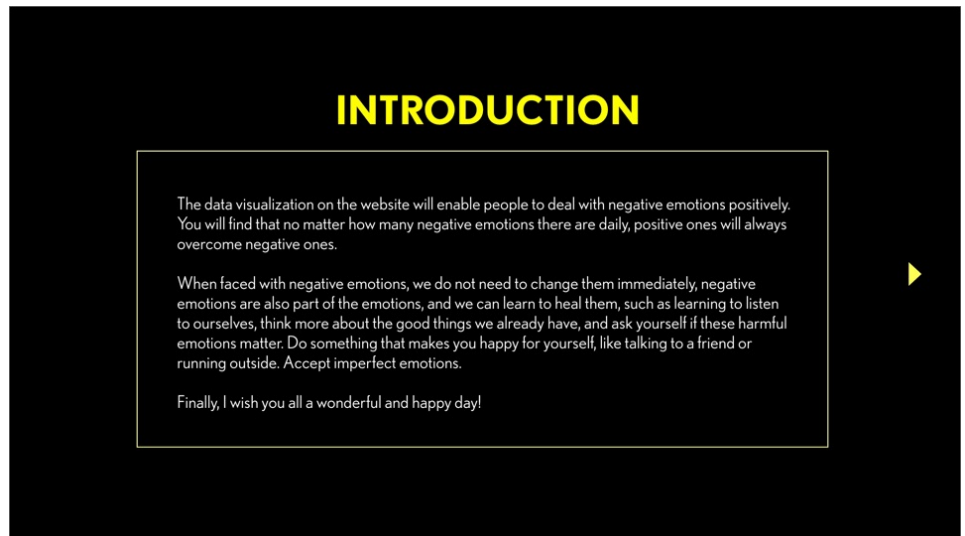
- Introduction
- Explore

SECTION 5.2

LAYOUT AND FUNCTIONALITY(cont...)

Introduction Page

This page will introduce the functions and purposes of the site.



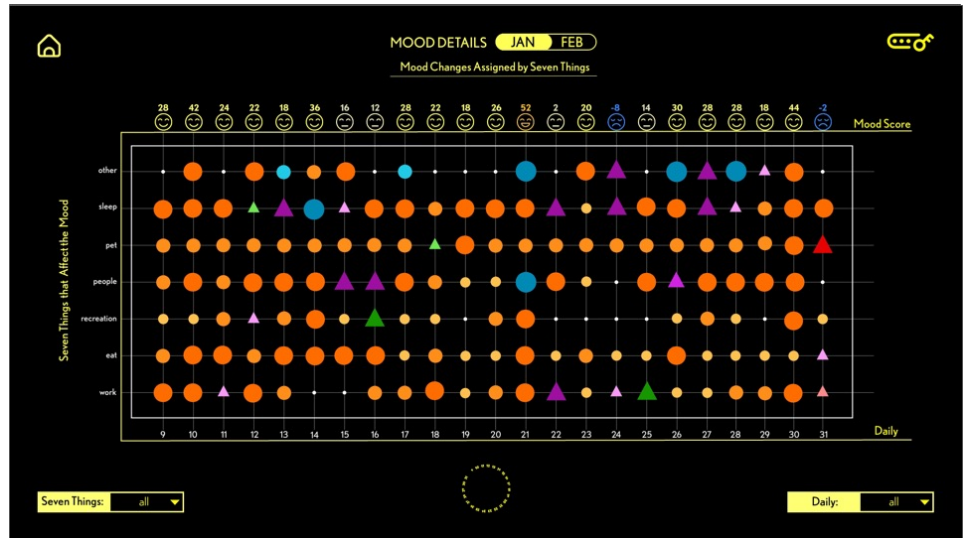
Click on this icon to return to the landing page.

SECTION 5.3

LAYOUT AND FUNCTIONALITY(cont...)

Main Page

This page contains all the mood changes in January, mainly work, food, Recreation, people, pets, sleep, and others. These seven areas affect daily mood.



This icon can help return to the introduction page.



The key can be used to see how to read this data visualization chart.



Check out the mood details for January and February with this button.

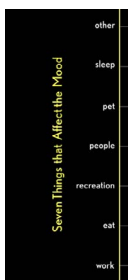


Every day in January

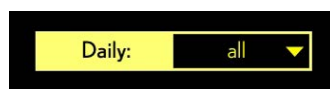
Click here to see all daily mood scores.



Daily Mood Score



Seven aspects of the impact on mood.



Check the mood change of each day in a month here.



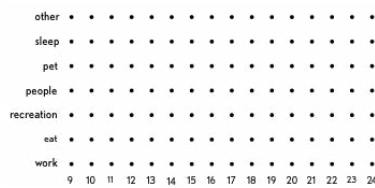
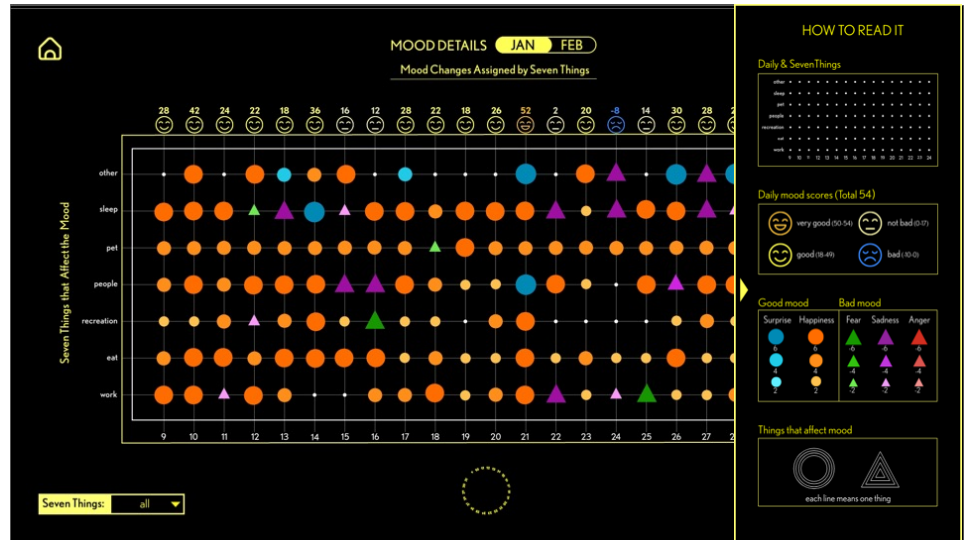
Check out the specific impact of one of the seven types on daily mood here.

SECTION 5.4

LAYOUT AND FUNCTIONALITY(cont...)

Keys

How to read this data visualization chart.

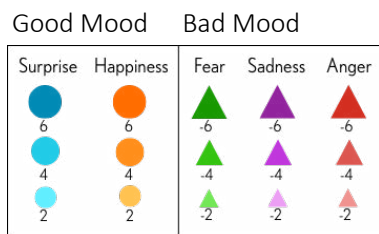


Daily & Seven Things

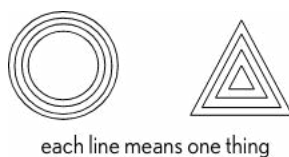


Daily mood scores (Total 54)

The emoji icon allows people to understand the change of mood quickly.



Each emotion is divided into three levels, the score of a good mood is positive, and the score of a bad mood is negative.

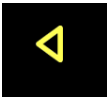
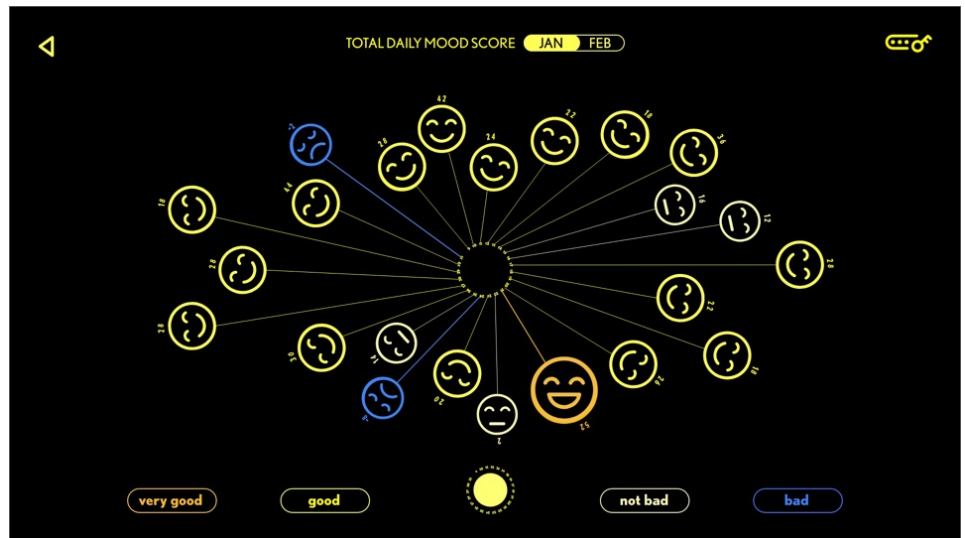


Things that affect mood

SECTION 5.5

LAYOUT AND FUNCTIONALITY(cont...)

We can see that only two days in a month, the mood is bad, most of the time, the mood is good. Remember the power of a good mood is strong.



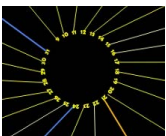
Click here to return to the mood details page.



Keys: The key can be used to see how to read this data visualization chart.



Title of this page: Toral Daily Mood Score chart.



Each day in January



Four different moods of the emojis
Yellow represents a good mood
blue represents a bad mood



Click here to return to the mood details page.

Daily Mood Score



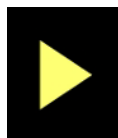
Four different mood buttons to view details

SECTION 5.6

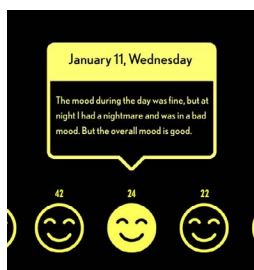
LAYOUT AND FUNCTIONALITY(cont...)



[Click here to return total daily mood score page](#)



[Click here to continue viewing the rest of the Emojis](#)



[Click here for specific dates and reasons](#)

SECTION 5.7

LAYOUT AND FUNCTIONALITY(cont...)

This page is mainly to help you better face the bad mood. Each thing that affects the mood will be marked on how to solve the problem.



Each line can be viewed at any click.

[Click here to see what affects your mood and what to do about it.](#)









