

The Happiness Journal

Privacy Policy

Last Updated: 7th July 2026

1. Introduction

The Happiness Journal (“The Happiness Journal”, “we”, “our”, “us”, or the “Service”) respects your privacy and is committed to being transparent about how information is collected, used, stored, processed, and shared.

This Privacy Policy explains how information is handled when you access or use The Happiness Journal.

By creating an account or using the Service, you acknowledge that you have read and understood this Privacy Policy.

2. Important Notice

The Happiness Journal is an AI-powered journaling and self-reflection tool.

The Service is not:

- A healthcare provider
- A therapist
- A psychologist
- A psychiatrist
- A medical provider
- A crisis intervention service

Journal entries submitted to the Service are not protected by doctor-patient privilege, therapist-client privilege, medical confidentiality laws, or similar professional confidentiality obligations.

Users should not assume journal entries are confidential communications with a licensed healthcare professional.

3. Information We Collect

Account Information

When you create an account, we may collect:

- Name
 - Email address
 - Password hash
 - Authentication provider
 - Internal account identifier
 - Account creation date
 - Account update date
 - Trial status information
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Journal Information

When you use the Service, we may collect:

- Journal entries
 - Mood information
 - Activity information
 - AI-generated responses
 - Entry timestamps
 - Reflection history
 - Report scheduling information
 - Report delivery preferences
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Uploaded Content

You may choose to upload:

- Images
- Photos
- Attachments made available through future features

Uploaded content may be stored and processed as part of the Service.

AI-Derived Information

The Service may generate derived information including:

- Themes
- Patterns
- Summaries
- Mood trends
- Suggested interventions
- Context memory snippets
- Behavioral observations generated by AI systems

These derived records may be stored separately from original journal entries.

Birth Information (BaZi Features)

Certain optional features may request:

- Date of birth
- Time of birth
- Place of birth
- Reflection goals

Where technically feasible, this information may be stored only on your device and may not be permanently stored on our servers.

However, information submitted for AI processing may be transmitted to third-party AI providers.

Technical Information

We may collect technical information including:

- Device information
 - Browser information
 - Session information
 - Security logs
 - Error logs
 - Authentication events
 - IP addresses used for security and abuse prevention purposes
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4. How We Use Information

We may use information to:

- Operate the Service
- Authenticate users
- Generate AI responses
- Create reports and summaries
- Improve user experience
- Improve AI prompts and workflows
- Improve coach prompts and workflows (we do not train our own AI models from your journal entries)
- Detect abuse
- Investigate security incidents

- Maintain platform stability
 - Conduct analytics
 - Enforce our Terms of Service
 - Comply with legal obligations
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5. Manual Review of Journal Entries

Important:

By using The Happiness Journal, you acknowledge and agree that authorized personnel may review journal content.

Authorized personnel may access journal entries and related content for:

- Customer support
- Product improvement
- AI quality assurance
- Prompt optimization
- Safety investigations
- Security investigations
- Abuse prevention
- Operational maintenance
- Legal compliance

Users should not assume that journal entries are inaccessible to authorized personnel.

6. AI Processing

The Service uses third-party AI providers.

Information submitted by users may be transmitted to AI providers for processing.

This may include:

- Name
- Journal entries
- Mood information
- Activity information
- Historical context
- Reflection information
- Optional birth-related information used by certain features

AI providers may process submitted content according to their own policies and contractual obligations.

The Happiness Journal cannot guarantee how third-party providers internally process data beyond the protections and commitments offered by those providers.

6a. What We Do Not Do

We do not sell personal information or journal entries. We do not use journal entries for advertising. We do not build or train our own foundation AI models from your journal entries. Journal entries may be used to improve prompts, workflows, and coach quality within the Service.

7. Service Providers and Processors

We may use third-party providers to operate the Service.

Examples may include:

- Cloud hosting providers
- Database providers
- Authentication providers
- Email providers
- AI providers
- Infrastructure providers

- Security providers

Current categories of providers may include:

- Cloudflare
- OpenAI
- Anthropic
- OpenRouter
- Google Authentication services

These providers may process information on our behalf.

8. Legal Bases for Processing (EEA, UK, Switzerland)

Where applicable under GDPR or similar laws, we process personal information under one or more of the following legal bases:

- Performance of a contract
- Legitimate interests
- Legal obligations
- Consent

Legitimate interests may include:

- Operating the Service
 - Improving Service quality
 - Improving coach prompts and AI-assisted features within the Service
 - Fraud prevention
 - Security monitoring
 - Abuse prevention
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9. Data Sharing

We do not sell personal information.

We do not sell journal entries.

We do not provide journal entries to advertisers for advertising purposes.

We may share information:

- With service providers
 - During legal proceedings
 - To comply with lawful requests
 - During business transfers
 - To protect rights, safety, or security
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10. Safety and Threat-Related Content

The Happiness Journal may use automated systems to identify potentially dangerous, abusive, violent, unlawful, or self-harm-related content.

However:

- Detection is not guaranteed.
- Monitoring is not guaranteed.
- Intervention is not guaranteed.
- Escalation is not guaranteed.

Users must not rely on the Service for crisis monitoring or emergency intervention.

Where legally required or reasonably necessary to protect safety, The Happiness Journal reserves the right to review, investigate, preserve, disclose, or report information consistent with applicable law.

11. International Transfers

The Service may operate through infrastructure located in multiple countries.

Information may be transferred, processed, stored, or accessed outside your country of residence. By using the Service, you acknowledge that international transfers may occur. Where required by law, reasonable safeguards will be implemented.

12. Data Retention

We retain information for as long as reasonably necessary to:

- Operate the Service
- Provide requested functionality
- Improve products
- Meet legal obligations
- Resolve disputes
- Enforce agreements

Retention periods may vary depending on the type of information.

13. Account Deletion

You may request deletion of your account and associated personal information by contacting:

hello.thehappinessjournal@gmail.com

Subject Line:

“Account Deletion Request”

Upon verification of ownership, we will make reasonable efforts to delete applicable account information without undue delay.

Certain information may be retained if required by law, security obligations, fraud prevention needs, dispute resolution requirements, or technical backup processes.

14. Your Rights

Depending on your jurisdiction, you may have rights including:

- Access
- Correction
- Deletion
- Restriction
- Objection
- Data portability
- Withdrawal of consent

Requests may be submitted to:

hello.thehappinessjournal@gmail.com

We may request identity verification before fulfilling requests.

15. Security

We implement reasonable technical and organizational safeguards designed to protect information.

However:

- No system is completely secure.
- No database is completely secure.
- No transmission method is completely secure.

We cannot guarantee absolute security.

Users submit information at their own risk.

16. Children's Privacy

The Service is intended only for individuals aged 18 years or older.

We do not knowingly collect information from individuals under 18.

Accounts believed to belong to individuals under 18 may be suspended or removed.

17. Business Transfers

If ownership of The Happiness Journal changes through acquisition, merger, sale, restructuring, investment, or transfer of assets, information associated with the Service may be transferred as part of that transaction.

18. Changes to This Privacy Policy

We may update this Privacy Policy from time to time.

Updated versions will be posted through the Service.

Continued use of the Service after changes become effective constitutes acceptance of the revised Privacy Policy.

19. Contact Information

Questions regarding this Privacy Policy may be directed to:

hello.thehappinessjournal@gmail.com

20. Data Controller

Until a formal legal entity is established, The Happiness Journal is operated by its founder and any successor entity that becomes the operator of the Service.