

The Happiness Journal

Terms of Service

Last Updated: 7th July 2026

Welcome to The Happiness Journal (“App”, “Service”).

By creating an account, accessing, or using the Service, you agree to these Terms of Service (“Terms”). If you do not agree to these Terms, do not use the Service.

1. About the Service

The Happiness Journal is an AI-powered journaling, reflection, and personal growth platform.

The Service provides AI-generated reflections, prompts, summaries, coaching-style responses, and related features intended to support self-reflection and personal development.

The Service is not therapy, medical care, psychiatric care, crisis intervention, legal advice, or professional healthcare.

2. Eligibility

You must be at least 18 years old to use the Service.

By creating an account, you represent and warrant that:

- You are at least 18 years old.
- You have the legal capacity to enter into these Terms.
- The information you provide is accurate.

Accounts created by individuals under 18 may be suspended or deleted without notice.

3. No Medical, Psychological, or Clinical Relationship

Use of the Service does not create:

- A doctor-patient relationship.
- A therapist-client relationship.
- A psychologist-patient relationship.
- A fiduciary relationship.
- Any professional healthcare relationship.

The Service does not diagnose, treat, cure, monitor, or prevent any medical, psychiatric, or psychological condition.

You are solely responsible for decisions made based on information provided by the Service.

4. Not a Crisis or Emergency Service

The Service is not designed or monitored as an emergency service.

You must not rely on the Service during:

- Medical emergencies.
- Mental health emergencies.
- Suicidal crises.
- Self-harm situations.
- Situations involving threats of violence.
- Any situation requiring immediate professional intervention.

If you believe you may harm yourself or another person, contact local emergency services or an appropriate crisis resource immediately.

The Happiness Journal does not guarantee detection, monitoring, escalation, intervention, reporting, or response to crisis situations.

5. AI-Generated Content

The Service uses artificial intelligence systems provided by third-party providers.

AI-generated responses:

- May be inaccurate.
- May be incomplete.
- May be outdated.
- May be inappropriate.
- May contain errors.

You acknowledge that AI output is generated automatically and should not be treated as professional advice.

You remain solely responsible for evaluating any recommendations, suggestions, or information generated by the Service.

6. Data Processing and Journal Content

To provide the Service, journal entries and related content may be processed, analyzed, stored, transmitted, and reviewed.

By using the Service, you acknowledge and agree that:

- Journal entries may be processed by third-party AI providers.
- Journal entries may be transmitted to external AI systems for generation of responses and insights.
- Authorized personnel may review journal content for support requests, security investigations, safety concerns, product improvement, AI quality assurance, legal compliance, abuse prevention, and operational purposes.
- Journal content may be used to improve Service quality, coach prompts, and workflows. We do not use journal entries to train our own foundation AI models.

The Service is not designed as a confidential communications platform.

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

7. User Responsibilities

You agree not to:

- Use the Service unlawfully.
- Impersonate another person.
- Upload malicious software.
- Attempt unauthorized access to systems.
- Use the Service to harass, threaten, or abuse others.
- Use the Service for illegal activities.

You remain solely responsible for content you submit.

8. Safety and Threats

The Service may use automated systems to identify potentially harmful, dangerous, unlawful, or abusive content.

The Happiness Journal reserves the right, but not the obligation, to:

- Review content.
- Restrict accounts.
- Suspend access.
- Remove content.
- Investigate misuse.
- Cooperate with lawful requests from authorities.

The Happiness Journal does not guarantee that harmful, violent, suicidal, or unlawful content will be detected.

9. Privacy

Your use of the Service is also governed by the Privacy Policy.

By using the Service, you consent to the collection, use, storage, processing, transmission, and review of information as described in the Privacy Policy.

10. Trial Periods and Subscription Plans

The Service may offer a free trial period.

Following any trial period, access to certain features may require payment of subscription fees.

Subscription pricing, billing terms, renewal terms, and cancellation procedures may be modified at any time.

Failure to pay applicable fees may result in suspension or termination of access.

11. Intellectual Property

All software, designs, branding, text, graphics, prompts, AI systems, workflows, and related materials associated with the Service are owned by or licensed to The Happiness Journal.

No ownership rights are transferred to users.

12. User Content

You retain ownership of content you submit.

However, you grant The Happiness Journal a worldwide, non-exclusive, royalty-free license to host, store, process, reproduce, analyze, modify, and use submitted content as reasonably necessary to:

- Operate the Service.

- Improve the Service.
- Improve coach prompts, workflows, and AI-assisted features within the Service.
- Conduct quality assurance.
- Ensure safety and security.
- Comply with legal obligations.

13. Account Suspension and Termination

The Happiness Journal may suspend, restrict, or terminate accounts at any time if:

- These Terms are violated.
- Security risks are identified.
- Abuse is detected.
- Legal compliance requires action.
- Continued operation becomes impractical.

Termination may occur without prior notice.

14. Disclaimer of Warranties

The Service is provided on an “AS IS” and “AS AVAILABLE” basis.

To the maximum extent permitted by law, The Happiness Journal disclaims all warranties, express or implied, including:

- Merchantability.
- Fitness for a particular purpose.
- Accuracy.
- Reliability.
- Availability.
- Non-infringement.

No guarantee is made that the Service will be uninterrupted, secure, error-free, or suitable for any specific purpose.

15. Limitation of Liability

To the maximum extent permitted by law, The Happiness Journal, its founder, operators, contractors, employees, affiliates, successors, and service providers shall not be liable for:

- Emotional distress.
- Personal injury.
- Property damage.
- Lost profits.
- Lost opportunities.
- Data loss.
- Service interruptions.
- AI-generated content.
- User decisions.
- Third-party actions.
- Criminal acts committed by users or third parties.

Your use of the Service is entirely at your own risk.

16. Indemnification

You agree to defend, indemnify, and hold harmless The Happiness Journal, its founder, operators, contractors, successors, and affiliates from claims, damages, liabilities, losses, costs, and expenses arising from:

- Your use of the Service.
- Your content.
- Your violation of these Terms.
- Your violation of applicable laws.

17. Changes to the Service

The Happiness Journal may modify, suspend, discontinue, replace, or remove any feature at any time without liability.

18. Changes to These Terms

The Happiness Journal may update these Terms from time to time.

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

19. Contact

Questions regarding these Terms may be directed to:

hello.thehappinessjournal@gmail.com

20. Operator

Until a legal entity is formally established, the Service is operated by its founder and any future successor entity designated as operator of The Happiness Journal.