

Title

A SMART PERSONAL PLANNING AND GROWTH ASSISTANT

Author

CHIMWEMWE KACHEMWE

Co-Author

MR. ULEMU MPONELA



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ABSTRACT

This project proposes PLANGROW, a smart personal planning and growth assistant designed to help users organise daily activities, set goals, build positive habits, and monitor personal progress. Many people find it difficult to manage time, prioritise tasks, remember deadlines, and follow through on long-term goals. Using separate notebooks, calendars, and applications can make it harder to keep plans in one place. PLANGROW will provide a central platform for managing tasks, schedules, goals, reminders, habits, and progress records.

The proposed system will allow users to create personal goals, break them into smaller tasks, set deadlines, schedule activities, and receive reminders. It will also provide progress summaries to help users recognise completed activities and identify areas that need attention. Depending on the final design, smart recommendations may suggest priorities or planning adjustments based on the user's recorded tasks and progress. The system will be designed with a simple interface and appropriate privacy controls. The project will use the Agile Software Development Methodology. Development will take place in stages, including requirements gathering, system design, implementation, testing, and evaluation. The expected outcome is a user-friendly planning assistant that helps users organise their time, remain consistent with their goals, and reflect on personal growth. Its effectiveness will be assessed through testing and feedback from intended users. Next, the system design will define the user interface, database, and how the different features will work together. During implementation, the system will be developed in modules so that core functions can be created and reviewed before additional features are added. Testing will be carried out to identify errors and check whether the system's functions work correctly, including task creation, reminders, progress tracking, and the protection of personal information. Evaluation will involve collecting feedback from intended users to identify areas that need improvement. The expected outcome is a user-friendly planning assistant that helps users organise their time, prioritise activities, remain consistent with their goals, develop useful habits, and reflect on personal growth. By bringing planning tools together in one platform, PLANGROW is

expected to make it easier for users to review their tasks and monitor progress. However, these benefits will need to be confirmed through system testing and user feedback after a working version has been developed.

KEYWORDS: Personal Planning, Goal Setting, Habit Tracking, Productivity, Personal Growth, Smart Assistant.

INTRODUCTION

Background of the Study

Personal planning helps people organise responsibilities, manage time, and work towards short-term and long-term goals. Students, employees, entrepreneurs, and other individuals often balance several activities, deadlines, and personal commitments. Without a clear plan, important tasks may be forgotten, time may be poorly managed, and long-term goals may receive less attention.

Traditional methods such as paper diaries, notebooks, and basic calendars can be useful, but users may need to switch between several tools to manage schedules, goals, reminders, and habits. A digital assistant that brings these functions together can make planning more convenient. PLANGROW is proposed as a smart personal planning and growth assistant that supports users in organising activities and tracking progress in one place.

The system will focus on practical personal development features, including task organisation, goal setting, habit tracking, reminders, and progress reports. It is intended to support users' planning decisions rather than make decisions on their behalf.

PROBLEM STATEMENT

Some individuals experience difficulties organising daily activities, prioritising tasks, remembering deadlines, and maintaining consistent progress towards personal goals. Information may be spread across notebooks,

calendars, and separate applications, making it difficult to review plans and progress in one place. There is a need for an accessible system that combines personal planning, goal management, habit tracking, reminders, and progress monitoring in a single platform.

RESEARCH OBJECTIVE

General Objective

- To design and develop PLANGROW, a smart personal planning and growth assistant that helps users organise activities, manage time, set personal goals, track habits, and monitor progress towards personal development.

Specific Objectives

- To identify common challenges users face when planning activities and managing personal goals.
- To design a central platform for managing tasks, schedules, goals, and reminders.
- To develop features for habit tracking and monitoring progress towards personal goals. To provide progress summaries that help users review completed and pending activities.
- To test the system for usability, reliability, accuracy, and protection of personal information.

SIGNIFICANCE OF THE STUDY

PLANGROW is expected to help users organise responsibilities, remember deadlines, and monitor progress more easily. Students may use it to plan study sessions and assignment deadlines, employees may use it to organise work and personal commitments, and other users may use it to develop routines and follow personal goals. Keeping planning information together may reduce the need to switch between separate tools and make it easier to reflect on

progress.

LITERATURE REVIEW

Personal productivity tools commonly support task lists, calendars, reminders, and scheduling. These features help users record activities and make deadlines visible. However, users may still need to organise their goals and daily tasks manually, and the usefulness of any tool depends on regular use and accurate information.

Goal-setting approaches encourage people to define desired outcomes and identify actions that can move them towards those outcomes. Breaking large goals into smaller, measurable steps can make progress easier to plan and review. PLANGROW will apply this idea by allowing users to create goals, add related tasks, set target dates, and monitor completion.

Habit-tracking tools help users record repeated behaviours over time. A habit tracker can show whether a user has completed an activity consistently and can help the user identify patterns. PLANGROW will include habit records and progress views, while allowing users to adjust their routines when circumstances change.

Reminder and notification features can help users remember scheduled activities and upcoming deadlines. These features should be configurable so users can choose which reminders they need and avoid receiving unnecessary notifications. PLANGROW will allow reminders to be associated with tasks, schedules, and goals.

Personal information systems should consider privacy, usability, and accessibility. A planning assistant may store schedules, goals, and personal notes, so it should provide appropriate account protection and allow users to understand and manage the information they enter. A simple interface is important because complicated workflows can discourage regular use.

RESEARCH GAP

Separate calendars, task managers, and habit trackers can help with individual planning activities, but users may prefer one platform that

connects daily tasks with longer-term goals and personal progress. PLANGROW aims to address this need by combining task management, scheduling, goal setting, habit tracking, reminders, and progress summaries in a single personal assistant. Any smart recommendation feature will need to be tested to determine whether it provides useful and appropriate suggestions.

METHODOLOGY

System Development Approach

The project will use Agile Software Development Methodology. Agile involves developing the system in small stages, testing features regularly, and improving the product using feedback. This approach is suitable because the requirements and interface of a personal planning assistant may be refined after users try early versions.

Proposed System Modules

- **User Account Management:** Allows users to register, sign in, manage account details, and protect access to personal planning information.
- **Task and Schedule Management:** Allows users to create tasks, set deadlines, organise activities, and view scheduled items.
- **Goal Management:** Allows users to define personal goals, break them into smaller steps, and record target dates.
- **Habit Tracking:** Allows users to record recurring activities and review consistency over time.
- **Reminder and Notification:** Provides reminders for selected tasks, appointments, habits, and deadlines.
- **Progress Dashboard and Reports:** Displays completed tasks, pending activities, goal progress, and habit summaries.
- **Smart Planning Assistance:** May provide suggestions for prioritising tasks or adjusting plans using information entered by the user.

System Users

The primary user of PLANGROW will be an individual who wants to manage personal activities and development.

Data Collection and Requirements

Requirements may be gathered through questionnaires, interviews, or discussions with potential users about their planning habits and challenges. The developer may also review existing planning methods and productivity tools to identify useful features. Only information necessary for the system's functions should be collected, and personal data should be handled responsibly.

Security and Testing

The system should use authenticated accounts and suitable access controls. Testing will check account creation and login, task creation and editing, reminders, goal tracking, habit records, progress summaries, and data validation. Usability testing will help determine whether users can navigate the system and complete common tasks without confusion.

Proposed Technologies

The final technologies will depend on project requirements and available resources. A possible implementation may use a web or mobile interface, a server-side application for system logic, and a database such as MySQL or PostgreSQL to store user accounts, tasks, schedules, goals, habits, and progress records.

AGILE METHODOLOGY

The project will use the Agile Software Development Methodology to design and develop PLANGROW. Agile is an iterative approach in which a system is built in manageable parts, tested frequently, and improved using feedback. It will allow the developer to refine features as the needs of intended users become clearer.

- **Requirements Gathering**

This stage will involve identifying the problems users face when planning their daily activities, setting goals, managing time, and tracking personal progress. Information will be collected to determine the main features required in PLANGROW, including task management, scheduling, goal setting, habit tracking, reminders, and progress reports.

- **System Design**

During this stage, the system structure will be planned. This will include designing the user interface, database, system architecture, and navigation between different features. The design will focus on making PLANGROW simple, user-friendly, and easy to understand.

- **Implementation**

In this stage, the system will be developed according to the approved design. The development will be divided into smaller modules, such as user management, task scheduling, goal management, habit tracking, notifications, and progress monitoring. Each module will be developed and reviewed before moving to the next stage.

- **Testing**

Testing will be conducted to identify and correct errors in the system. Each feature will be tested to ensure that it works as expected. For example, task creation, reminders, goal tracking, and progress reports will be tested to confirm that users can perform these activities successfully.

- **Evaluation and Feedback**

After testing, intended users will be given an opportunity to evaluate the system. Their feedback will help identify difficulties, missing features, and areas that require improvement. The feedback will be used to make PLANGROW more useful and suitable for users' planning needs.

- **System Improvement and Maintenance**

The system will be improved based on the results of testing and user feedback. Errors will be corrected, and necessary changes will be made to improve usability, reliability, and performance. Additional features may also be introduced when needed.

Advantages of Using Agile

- Allows requirements and features to be improved during development.
- Encourages feedback from potential users.
- Helps identify and correct errors early.
- Supports development in small, manageable modules.
- Makes it easier to test usability and refine the user interface.

EXPECTED RESULTS

Because PLANGROW is a proposed system, the following are expected outcomes rather than measured results. The system is expected to bring common personal planning activities into one platform and help users review their progress more conveniently.

Clarification of User Responsibilities

The registered user is the main user of PLANGROW and is responsible for managing personal planning activities within the system. After creating an account and logging in, the user will be able to access the system's features, including task management, daily scheduling, goal setting, habit tracking, reminders, and progress monitoring. The system will allow users to create, update, and delete their personal tasks, set priorities, establish deadlines, and monitor their progress towards achieving short-term and long-term goals.

Each registered user will have a personal account where their planning information is stored separately from that of other users. This separation will ensure that one user cannot view

or modify another user's private tasks, personal notes, goals, or progress records. Users will be responsible for keeping their login credentials secure and logging out when using shared devices. The system should also provide appropriate authentication and access-control mechanisms to prevent unauthorised access to personal information.

Privacy and confidentiality will be important considerations in the design of PLANGROW because the system may contain sensitive personal information, including daily routines, personal challenges, future plans, and reflections on individual growth. Therefore, personal planning data should remain accessible only to the account owner and authorised system processes that require the information to provide the system's intended functions. The system should collect only the information necessary for its operation and protect stored information against unauthorised access, alteration, or disclosure.

The system administrator will be responsible for the technical management and maintenance of PLANGROW. These responsibilities may include managing system settings, monitoring system performance, maintaining the database, managing user accounts when necessary, resolving technical problems, and ensuring that the system remains available and secure. However, the administrator's technical responsibilities will not automatically grant access to users' private personal notes, goals, or planning records. Administrative access should follow the principle of least privilege, meaning that administrators receive only the permissions necessary to perform their assigned duties.

Where technical support or troubleshooting requires access to user-related information, the system should use appropriate safeguards to minimise exposure of private data. For example, administrators should be able to diagnose technical errors using system logs or technical information without viewing the content of personal notes whenever possible. Any exceptional access required for legitimate operational reasons should be controlled, justified, and documented according to the system's privacy and security policies.

In the future, PLANGROW may introduce an optional sharing feature that allows users to share selected goals, schedules, or progress

reports with trusted individuals, such as mentors, friends, or accountability partners. Such sharing must be explicitly chosen by the user, and the user should be able to select what information is shared and with whom. Private notes and other personal information should remain confidential unless the user specifically chooses to share them through an authorised feature.

DISCUSSION

PLANGROW is intended to bring personal planning and personal growth activities together in a single digital platform. Users will be able to organise daily tasks, set goals, schedule activities, track habits, and review progress. Keeping these features together may make it easier for users to see how their daily activities relate to longer-term objectives.

Task and schedule management will form the foundation of the system. Users will be able to record tasks, set deadlines, and monitor whether activities are pending or completed. This may help users plan their time and remember important responsibilities. However, the system's usefulness will depend on users entering accurate information and updating task status regularly. Goal management will help users turn broad ambitions into smaller, manageable actions. For example, a user who wants to improve a skill may create a goal, set a target date, and add smaller tasks to complete along the way. Progress summaries may help users recognise completed steps and identify goals that need more attention. The system should allow goals to be adjusted when a user's priorities or circumstances change. Habit tracking will support users who want to build regular routines. Recording recurring activities can make consistency more visible and provide a basis for reflection. The system should present habit information in a supportive way and avoid making users feel that one missed day means they have failed. The purpose is to help users review patterns and make practical adjustments. Reminders and notifications may help users remember planned activities and deadlines. These features should be flexible because different users have different schedules and notification preferences. Too many reminders can become distracting, so users should be able to choose when and how often they receive

them. The smart planning assistance feature may suggest priorities or planning adjustments based on information the user has entered, such as deadlines, task status, or stated goals. Such suggestions should be understandable and optional. The system should not present recommendations as guaranteed outcomes, and users should remain responsible for deciding which suggestions fit their circumstances. Privacy and security will be important because PLANGROW may store personal schedules, goals, and notes. The system should protect accounts, limit access to personal information, and provide reliable data storage and backup procedures. A clear and simple interface will also be necessary to support users with different levels of digital experience.

CONCLUSION

This project proposes PLANGROW, a smart personal planning and growth assistant designed to help users manage tasks, schedules, goals, habits, and reminders in one platform. It aims to address common difficulties associated with organising activities, remembering deadlines, and monitoring personal progress. Using Agile methodology will provide a structured but flexible way to develop and improve the system. If designed, tested, and maintained appropriately, PLANGROW may support more organised planning and more consistent progress towards personal goals. Its effectiveness will be assessed through testing and user feedback after a working version has been developed.

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