

Empowering Change, Restoring Balance

Take Leap App

Start Slide

www.takeleap.net





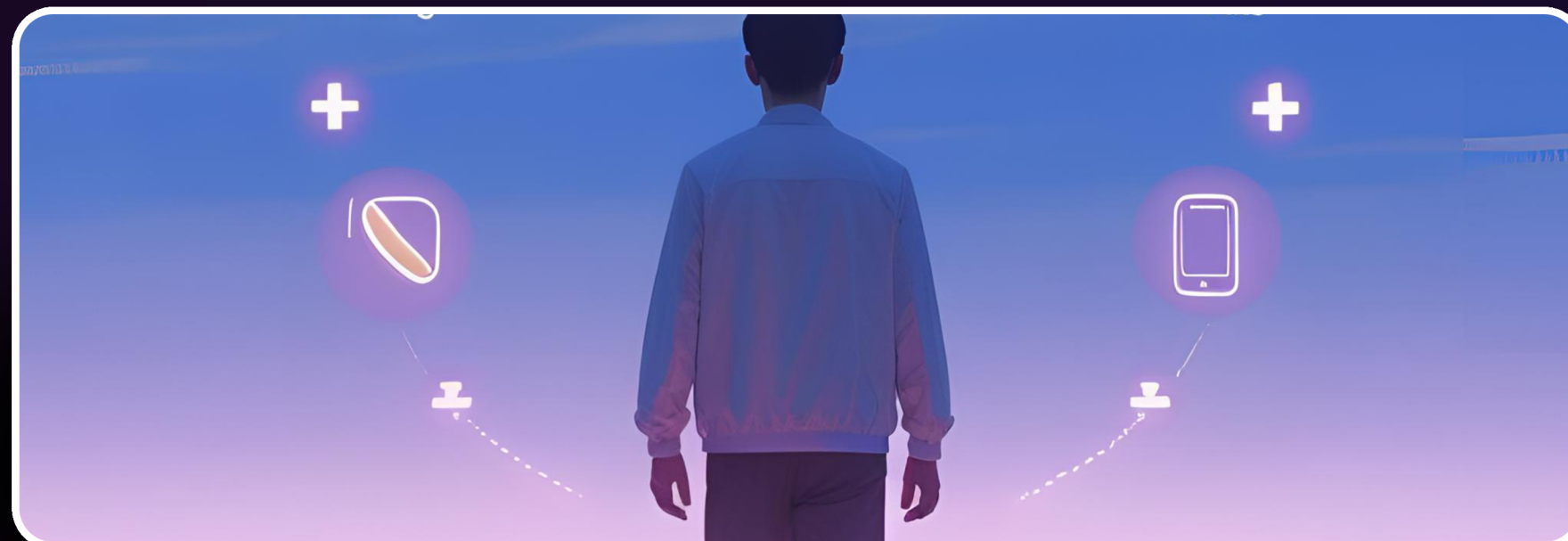
Why We Need LEAP?

- Many people struggle with hidden habits that affect mental, emotional, and financial well-being.
- These habits often go unnoticed until they escalate.
- Limited access to safe, supportive tools leaves many without help.
- There's a need for a discreet, tech-enabled solution combining psychology + community.

Vision & Mission

Our Vision

A world where habits don't define us.



Our Vision

- Provide accessible, evidence-based tools
- Create a safe, moderated peer community
- Facilitate personal growth via reflection, support, and accountability

What LEAP Offers

- Daily Check-Ins — gauge mood, triggers
- Journaling & Reflection — process thoughts emotionally
- Community Support — moderated discussion, peer networking
- 24/7 AI Nudges & Support — for moments of urge or doubt
- Progress Tracking & Milestones — visual feedback on your journey



Our Structured Recovery Framework

1. Acknowledge (Honesty & ownership)
2. Block Access (Remove temptation)
3. Inspiration (Learn from others)
4. Identify Triggers
5. Challenge Beliefs
6. Rewire Thinking
7. Set Goals
8. Stay Present



Evidence & Validation



Pilot studies or user trials: usage metrics, retention,
self-report improvement

Feedback from early adopters / testimonials



Ensuring Quality & Trust

- AI Virtual assistant for instant support
- Data privacy & security standards (encryption, safe storage)
- Release cycles & continuous updates based on user feedback

Collaborations & Impact

- Schools
- NGOs
- Mental health institutions
- Community centers
- Workplaces & corporate partnerships (B2B collaboration)
- Pilot rollouts or workshops
- Ambassadors or referral partners
- Media or advocacy tie-ins



Sustainability & Access

Freemium & Subscriptions

Freemium model: free 1 week trial

Subscription plans: monthly, quarterly, yearly

Thank You



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