Improving the Self Confidence Level Using Artificial Intelligence

Nasraoui, Wassim (School: Lycee Privee des Elites 2)

In the last few centuries and especially today, people tend to be horribly lacking in self-confidence, but they refuse to face the truth which prevents them from moving forward in life. They look in the mirror every day, but what they see doesn't necessarily reflect their true worth. This is where the concept of the smart mirror using artificial intelligence to improve self-esteem comes in. This mirror, connected to an emotional and behavioral analysis system, can detect the user's confidence by an AI model developed based on an Emotions and Voice dataset trained by Yolo until it reached high accurate level. With all this information together, the mirror can show us the percentage of self-confidence that the person has, All the information will appear in the mirror with a lot of other information like the time and weather and how to improve your confidence .To help us better know their needs, the kinds of messages and advice they need for everyday life. He then adapts his messages to encourage, reassure, and value the individual. Every morning, instead of simple reflections, the user receives personalized positive affirmations, caring advice, and even a reminder of past successes. Due to the training epochs, the system successfully identified the degree of confidence, with a high accuracy that reached more than 90%. Due to the training epochs Indeed, the mirror learns the person's habits, understands their low morale, and knows when they need a boost. In addition, he or she can offer breathing exercises, visualization, or micro-meditations to prepare the person for their day. It is not only a technological tool but a true companion for personal growth. Through his daily interactions, he helps to rebuild a more accurate, more loving self-image.

Awards Won: