

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Gratitude Journal Analytics MCP

Turn your journal entries into actionable wellbeing data.

Gratitude Journal Analytics MCP lets your AI client dig into your personal journaling history. It identifies the specific themes you're most thankful for, tracks how often you actually write, and measures how your mood correlates with your practice. Instead of just staring at old notes, you get a clear picture of your emotional patterns.

A+ Quality Score 100/100

gratitude

journaling

wellbeing

sentiment

patterns



The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Gratitude Journal Analytics MCP

4 tools available

Cloud-hosted on Vinkius

You keep a journal to feel better, but the real value is hidden in the patterns you can't see yourself. This MCP gives your AI agent the ability to read through your entries and pull out the data that matters. It doesn't just summarize what you wrote; it looks for the math behind your mindset.

Your agent can pinpoint exactly which areas of your life trigger the most gratitude, whether that's family, work, or small daily wins. It also tracks your habit strength so you can see if you're actually sticking to your practice or just writing when you feel like it. By looking at the emotional depth of your writing, your AI can help you understand if your journaling is actually moving the needle on your overall wellbeing. It turns a pile of text into a roadmap for your mental health.

Core Capabilities

01 — Theme Identification

Your agent uses this to find recurring subjects in your writing.

02 — Habit Tracking

The AI uses this to calculate your journaling frequency and streaks.

03 — Sentiment Analysis

Your agent uses this to measure the emotional depth of your entries.

04 — Correlation Mapping

The AI uses this to link your journaling habits to your emotional wellbeing.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/gratitude-journal-analytics — connect your AI agent in three steps.

- 01
- Connect the MCP to your preferred AI client via Vinkius.
- 02
- Provide your agent with access to your journal data.
- 03
- Ask your agent to analyze themes, consistency, or correlations.
- 04
- Receive specific, data-driven insights about your wellbeing patterns.

Get your journaling data into your AI client and start asking questions.

Built For

This is for anyone using digital journaling to track their mental health and personal growth.

Wellness Enthusiasts

People who want to see the data behind their daily gratitude habits.

Mental Health Practitioners

Professionals who want to help clients visualize their emotional progress through journaling data.

Self-Improvement Hobbyists

Users who use AI agents to audit their personal development and habit strength.

What Changes When You Connect

- 01
- Identifies specific life triggers for gratitude.
- 02
- Quantifies the strength of your journaling habit.
- 03
- Connects journaling frequency to emotional sentiment.

04 Reveals the emotional depth of your personal reflections.

Real-World Applications

Habit Auditing

Check your consistency scores to see if you are actually building a lasting gratitude habit.

Wellbeing Tracking

See if increasing your journaling frequency actually leads to better emotional outcomes.

Pattern Discovery

Find out if certain people or activities are consistently bringing more positivity to your life.

Reflection Deepening

Use entry quality scores to see if you are moving past surface-level thoughts into deeper reflection.

4 Tools Available

#	TOOL	DESCRIPTION
01	analyze_theme_distribution	This tool identifies the specific subjects or categories you mention most often in your entries. It helps you see which parts of your life trigger the most gratitude.
02	calculate_consistency_metrics	Use this to measure how regular your journaling habit actually is. It tracks your streaks and the gaps between your entries.
03	evaluate_entry_quality	This tool assesses the emotional resonance and depth of your writing. It determines if your entries are surface-level or deeply reflective.
04	get_wellbeing_correlation	This tool checks if your gratitude practice is actually linked to your emotional patterns. It finds the connection between how much you write and your overall sentiment.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U Based on my recent journal entries, what are my most common gratitude themes?



Your primary theme is Family, appearing in 60% of your entries, followed by Nature at 25%.

U How consistent has my gratitude practice been lately?



Your current consistency score is 85, with a current streak of 5 days and an average gap of 1.2 days between entries.

U Is there a link between how often I journal and my emotional sentiment?



Yes, there is a positive correlation between your journaling frequency and sentiment, suggesting that more regular practice leads to higher emotional resonance.

Frequently Asked Questions

01 What AI clients can I use with this MCP?

You can use this MCP with any compatible client like Claude, Cursor, Windsurf, or VS Code.

02 Do I need to host the MCP myself?

No, Vinkius hosts and manages the MCP for you. You just connect it to your client and it works.

03 Can the AI tell me if my mood is improving?

Yes, the `get_wellbeing_correlation` tool specifically looks for links between your practice and your emotional patterns.

04 How does it measure my journaling consistency?

The `calculate_consistency_metrics` tool tracks your streaks and the average time between your entries.

05 Is my data secure?

Vinkius manages the connection and hosting, ensuring your data is handled through the secure MCP protocol.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+" Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"gratitude-journal-analytics": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Gratitude Journal Analytics is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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