

# User Guide



*My Life's Journey* Tōku Haerenga

Record your *journey*.  
Leave a *legacy*.

Download the My Life's Journey today from the App Store for Apple and Google Play for Android.





## Account set up

- Click on link - can be done on either phone/tablet/desktop computer.
- Follow log in process.
- Once logged in - click on "Edit Profile" to set personal information.

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## Adding a memory

- If you know what you would like to record first (IE you do not require any prompts), press "+Add Memory"
- If you do not know where you would like to start, click "See all" under the "Record" section of the homepage to see all of the possible categories, and click on whatever category sparks a memory.
- If you would like to use one of the question prompts click on whatever one you like, then follow the add memory process
- If you want to add a memory under a specific category, but not use the prompt, click "+Add Memory" on the category page, or the "+Add your own memory" at the bottom of the prompt list. The prompt question will not feature on the timeline/category posts, so make sure you add your own Subject/Title line.



## To record a specific memory

1. Click "Add Title" to give your memory a subject
2. Click on "Date" to add a date (not necessary, but will place the memory in the chronologically correct place)
3. Check "Add to timeline" if you would like the memory to feature on the timeline page (if not it will still feature under specific categories under the reflect page, but not on the timeline page)
4. Click in the text box to start writing your memory
5. To set a feature image (featured on the timeline page), click the image icon at the top of the page, follow the drop downs as to where you can locate the image)
6. To add additional images to the memory, click the image or audio icons below the text box.
7. Check as many categories as is relevant to your memory. If none, the memory will appear under "Other".
8. Click "Save" to publish
9. If you need to edit, go back into the memory and click "edit"

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## Review and use

- To find a memory, click on "Reflect" then search the specific category, and sort by most recent posts, or chronologically).
- To view your timeline, simply click on "Timeline". Click on the memory to expand.