

How to Use This Digital Planner

(Tap on any picture on these pages to go directly to the page.)

The Brave Sis Journey-Journal Digital Planner is unlike any other; full of history, tribute, stories, celebration, color, and other ways for you to literally **come get your flowers!**

One of the coolest features of a digital planner is that you can **customize it to your heart's content**. This is entirely YOUR book, so first go to the **me page** and copy and paste photos from your photo library, or from the internet, or maybe some of the stickers in our **Brave Sis Digital Sticker Pack**.

You can use Notability, Goodnotes, Noteshef, or other apps, including Android apps. While the interface varies slightly from app to app, most features should work fine across platforms. We recommend you familiarize yourself with basic toolbar, importing and file management, page insertion, and sticker and image use at the app's website ([Notability](#) or [Goodnotes](#), etc.)



TIP: Of course you can also use the entire book as a printable, and print out pages as you wish without using any hyperlinks!

How to Use Hyperlinks and Get Around:

Once you are in "read-only" mode, (selecting the icon that looks like a finger in Notability, or a pencil with a line through it on the top right side (in Goodnotes), you can navigate throughout your Brave Sis Digital Journal with ease!



Navigating from Month to Month (Portrait and Profile Pages):

When in **read-only** mode, you can use any of the tabs on the right side of the page (flower next to the letter of the month)

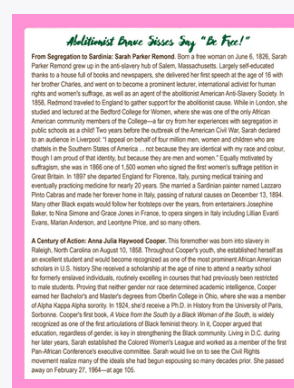
to skip directly to that month's **Brave Sis Foremother Tribute**.



The **featured story** for that month is on the pages immediately following the portrait. It's always a two-page spread.



Monthly portraits look like this and can be reached by the right tabs



The first page of the featured story spread looks like this



Moving Around, Month to Month

The **tabs at the bottom of the page** will take you to the “month-at-a-glance” spread for each month.



In **read-only mode**, from that page, you can click on any day of the month to **go directly to a day**.

You can also scroll past this monthly overview page to go to any day, one page/day at a time.



Another Way to Go From Month to Month:

When in **read-only mode**, the **Year at a Glance Page** (get to it by clicking the calendar button from any page) lets you navigate to any month's overview page (a traditional calendar page which has live links to each day in the month) — or while in **write mode**, you can draw or jot down key dates or milestones each month.



(This is why it's important to remember that **read only** is the only way you can navigate through the hyperlinks.)



Note: if you paste in template or pages after any date page, **these will not be hyperlinked**, so you will reach them by going to their “date” page and scrolling forward.



The **Home** button (a house) will take you back to the welcome page (right after the cover and before the “me” page).



The **Question Mark** icon will take you to this section (Help).




The **Smiley Face** icon will take you to your “me” page



Using the Template Catalog



The **Template Catalog** icon  (a T in a circle: wink to any Bostonians out there!) will take you to the **template catalog page**, from which you can click onto whichever template you want, to **copy and paste it where you want**.



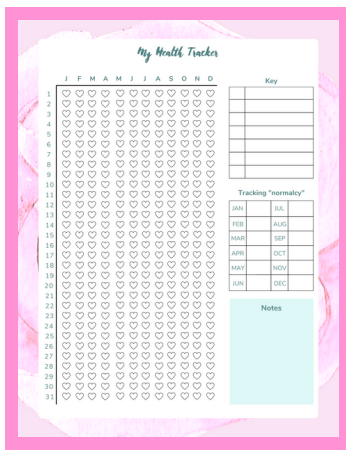
TIP: Keep track of how you want to place content, so it's the same each month and you can easily find it.

(You might want to note that on your me page or another blank note page at the beginning of the book if you want easy reference!)

You might want to place a **monthly tracking sheet** right **after** a **monthly overview page**.

Or if it's a **weekly tracker**, you might paste it in on the **page before the first day of the week**.

If it's a **note page** or some other **daily content**, you might choose to place it **right after** that day. As long as you're consistent, it will be easy to customize!



Monthly tracker example

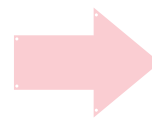


Weekly tracker example



Notes page example

You can also copy and paste images and other content from your website or computer, including screenshots. Refer to your app's FAQ for how to do this, either with the lasso tool to select and copy an entire page, or by using the insert blank page and copy and paste method.



Lasso tools like different depending on which app is used.



The lasso tool can also be used to paste stickers, photos from your photo album, or images from the internet directly onto pages in your digital Journey-Journal. Refer to your app's FAQ for the instructions.

Pages That Do Not Have Hyperlinks!

The **Areas of Focus This Month** and **Ways to Get There** pages are not hyperlinked, but you will find them right after the monthly overview page of any given month



A template titled "areas of focus this month" with a light blue background and a pink border. It features six empty rectangular boxes arranged in a 3x2 grid, each with a label: "body/health", "work/school", "mind", "family", "other folks", and "the world".



A template titled "Ways to Get There" with a light blue background and a pink border. It features a "Main Goal" section at the top, followed by five "Action Steps" sections, each with a numbered list (1-5) and a checkbox for tracking progress.

The **Brave Sis Foremother Tribute** (the two-page spread following each portrait page) is not hyperlinked.



Tribute and page one of
spread, again



Remember: any template or note page you insert will **not** be hyperlinked.



Suggestions or questions? Contact us at hello@bravesis.com.

Enjoy!