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, Noteshelf, 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 (<u>Notability</u> or <u>Goodnotes</u>, 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!



Mavigating 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

Abolitionist Brave Sisses Say "Be Free!"
From Segregation to Sardinia: Sarah Parker Remond, Born a free woman on June 6, 1826, Sarah
Parker Remond grew up in the anti-slavery hub of Salem. Massachusetts, Largely self-educated
thanks to a house full of books and newspapers, she delivered her first speech at the age of 16 with
her brother Charles, and went on to become a prominent lecturer, international activist for human
rights and women's suffrage, as well as an agent of the abolitionist American Anti-Slavery Society. In
1858. Redmond traveled to England to gather support for the abolitionist cause. While in London, she
studied and lectured at the Bedford College for Women, where she was one of the only African
American community members of the College-a far cry from her experiences with segregation in
public schools as a child! Two years before the outbreak of the American Civil War. Sarah declared
to an audience in Liverpool: "I appeal on behalf of four million men, women and children who are
chattels in the Southern States of America not because they are identical with my race and colour,
though I am proud of that identity, but because they are men and women." Equally motivated by
suffragism, she was in 1866 one of 1,500 women who signed the first women's suffrage petition in
Great Britain. In 1897 she departed England for Florence, Italy, pursing medical training and
eventually practicing medicine for nearly 20 years. She married a Sardinian painter named Lazzaro
Pinto Cabras and made her forever home in Italy, passing of natural causes on December 13, 1894.
Many other Black expats would follow her footsteps over the years, from entertainers Josephine
Baker, to Nina Simone and Grace Jones in France, to opera singers in Italy including Lillian Evanti
Evans, Marian Anderson, and Leontyne Price, and so many others.
A Century of Action: Anna Julia Haywood Cooper. This foremother was born into slavery in
Raleigh, North Carolina on August 10, 1858. Throughout Cooper's youth, she established herself as
an excellent student and would become recognized as one of the most prominent African American
scholars in U.S. history She received a scholarship at the age of nine to attend a nearby school
for formerly enslaved individuals, routinely excelling in courses that had previously been restricted
to male students. Proving that neither gender nor race determined academic intelligence. Cooper
earned her Bachelor's and Master's degrees from Oberlin College in Ohio, where she was a member
of Alpha Kappa Alpha sorority. In 1924, she'd receive a Ph.D. in History from the University of Paris,
Sorbonne. Cooper's first book, A Voice from the South by a Black Woman of the South, is widely
recognized as one of the first articulations of Black feminist theory. In it, Cooper argued that
education, regardless of gender, is key in strengthening the Black community. Living in D.C. during
her later years, Sarah established the Colored Women's League and worked as a member of the first
Pan-African Conference's executive committee. Sarah would live on to see the Civil Rights
movement realize many of the ideals she had begun espousing so many decades prior. She passed
away on February 27, 1964—at age 105.

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.

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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!

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Monthly tracker example



Weekly tracker example

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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.

Payes 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



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



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Enjoy!

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.