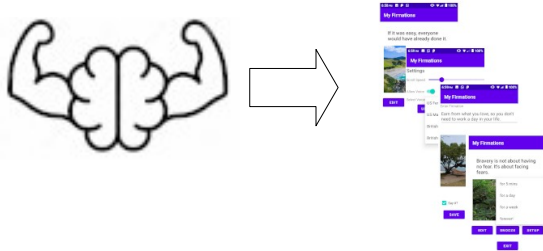


MyFirmations User Guide



Features

Auto-scrolled quotes to steady the mind

Setup MyFirmation the way you want it

Editing or adding your own quotes

Snoozing quotes thereby tweaking your own customized set!!

Auto-scrolled quotes to steady the mind

On initial install, MyFirmations presents 50 quotes that I call "Firmations". Each time the app is started the quotes are sorted in a random order. They then scroll automatically at a speed that you can control (by default once per 15 seconds). Figure 1 shows an example of a quote being presented. While scrolling, options presented include use of the **EDIT** option, that allows you to edit a stored quote, or make a copy. You also have the option to prevent quotes from being shown using the **SNOOZE** option. On initial install also, each quote is spoken when it is presented, using a default voice. Note however that the **SETUP** option allows you to customize the scrolling and speaking behavior, as well as the selected voice.

When the set of quotes scroll to the end of the set, it loops - (essentially allowing the app to present quotes for as long as it is active). You can also swipe manually to skip forward or backward through the set of quotes. If you are done with the app and want it to end, the **EXIT** option is available.

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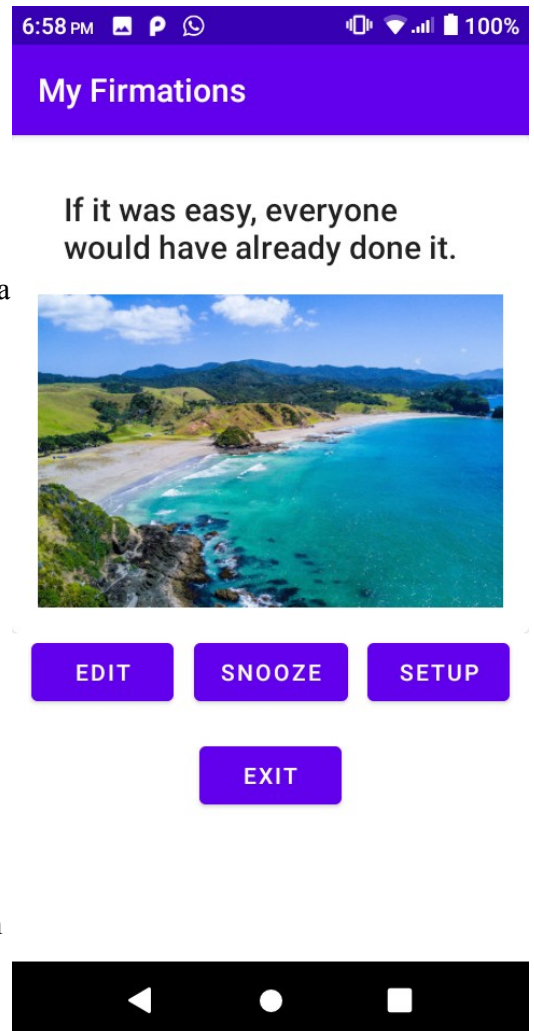


Figure 1. Main Screen

Setup MyFirmation the way you want it

The settings options allow you to customize the behavior of MyFirmations to suit your preferences. Preferences are stored in a local data store on your device. You manage three preferences, namely the scroll speed, whether the app should speak, and the voice that is used to speak.

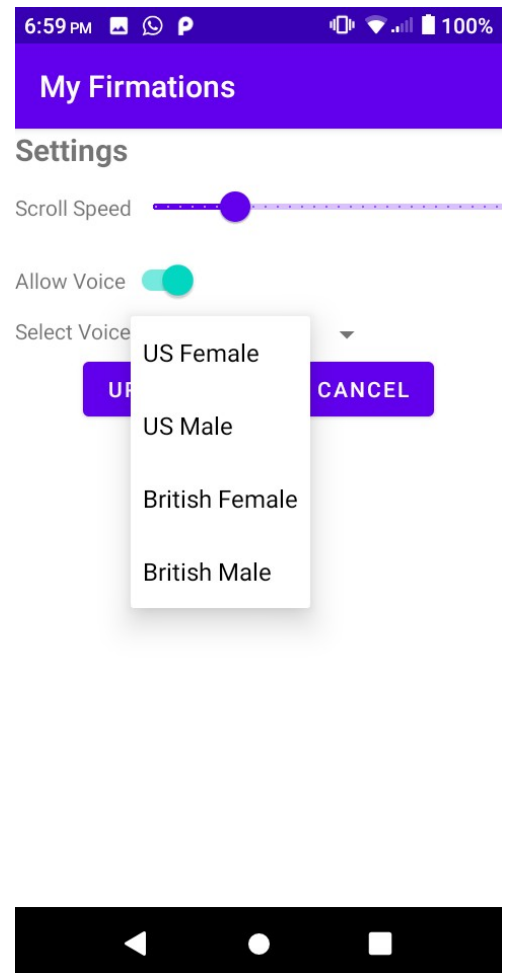
The position of the Scroll Speed slider shows the current setting of how fast the quotes should scroll speed, represented in seconds (by default the quotes scroll once per 15 seconds). Dragging the circle to the right will increase the delay between scrolling, to a maximum of 60 seconds, and dragging it to the left will reduce the delay between scrolling, to a minimum of 5 seconds.

The allow voice switch is probably self-explanatory- if you want the app to speak while scrolling, turn it on, else turn it off.

Four(4) options are presented for the selected voice, namely a US Female voice (the default), a US male voice, and British male and female voices. On selecting a voice, a brief sample of how the voice sounds is spoken. While MyFirmations is preparing to give the sample, it disables the update button for a short time so that you have an opportunity hear the voice.

The **UPDATE** option then allows you to save setting, while the **CANCEL** option returns you to the previous screen without saving.

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Editing or adding your own quotes

You are also able to edit quotes, in the event that you want to hear a different version of a stored quote. After clicking the edit button, simply type your version of the quote, and indicate whether you want to hear that quote spoken, and then select one of three options. The **UPDATE** option updates the quote in the local device storage. The **COPY** option creates a new quote on the device storage, leaving the original one untouched. The **CANCEL** option disregards any entry on the edit screen and returns you to the scrolling screen.

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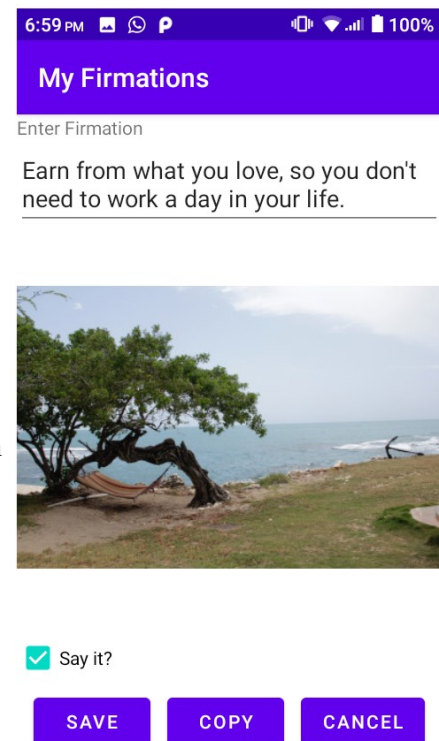


Figure 3: Editing or adding quotes

Snoozing quotes thereby tweaking your own customized set!!

You can also tell the app to stop saying a quote for 5 minutes, a day, a week or forever! This feature, combined with the ability to edit and create your own quotes will allow you to define your own set of quotes!

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Happy firming!!!

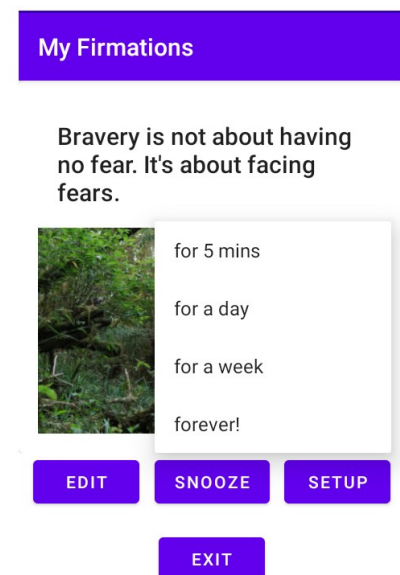


Figure 4:Snoozing a quote