GracingUp App

52 Weeks of Practicing Civility

To Build a Hospitable Heart

**Purpose:**

The “GracingUp” app encompasses 5 pages and 52 weeks of information that will provide a tool to jump start a participant to be more kind and civil in our daily lives by practicing civility goals. The participant will review weekly inspirations and then practice, journal and capture photos of civility steps they did to affect their heart, home and community.

**Audience:**

Civility Activists. The initial audience will be GMU students taking the Civility Class. It will extend to others in the future. (i.e. College, High School, Women & Men age 15+)

**#GracingUP (Home Page):**

Welcome to the #GracingUp movement. This app allows a participant to walk with a hospitable heart of servitude and kindness by elevating one another with weekly inspirations that include civility practices, a journal and photos to record your progress. As you touch the spirits of others by practicing civility – your gifts transpire into the spirits of others. We welcome you to be a part of this movement of service to the world.

**Civility Goal Page:**

The Civility goal will offer the participant suggestions on ways that the “GracingUp” participant can practice civility throughout the week.

**Inspiration Page:**

Coupled with the Civility Goal, the inspiration page provides inspirational quotes to support/compliment the Civility Goal.

**Journal Page:**

The “GracingUp” participant will have the opportunity to journal their thoughts for the week.

**Photo Page:**

The participant will have the opportunity to take a photo of them in action practicing civility.