

How to use the Memoires app for reflection and to create timelines

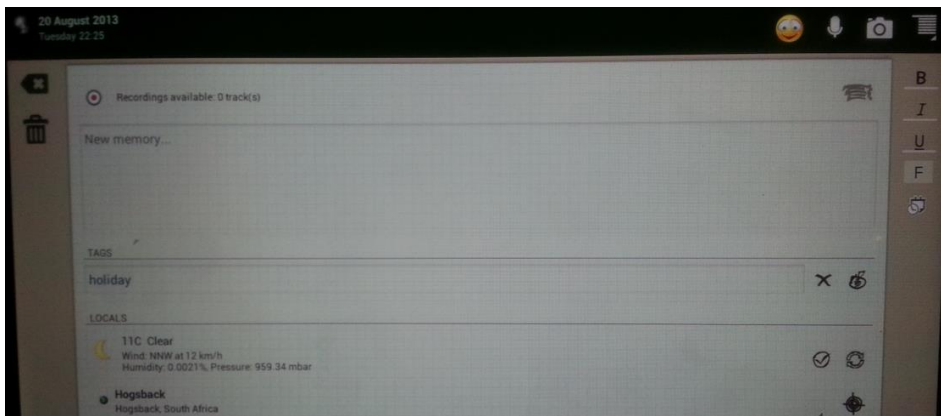
Memoires is an app that helps you to quickly enter life moments, thought, memories or notes, capture photos, audio or insert images from gallery. Memoires automatically detects and attaches to a memo the location, addresses, weather and moon phases. It also accepts text and images from other apps.



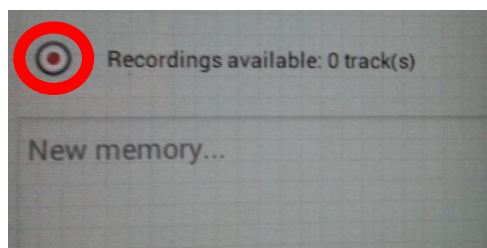
1. Open your Memoires app.
2. Click on the talk bubbles on the top right hand side



3. A recording window will appear for you to type your journal entry



4. You can insert voice recordings into your journal entries as well as pictures and smileys to depict your mood.



5. Remember to save your entry.
6. Click on Import Export



7. Export the journal as an RFT file

