

MiAffirmations

User Manual

For MiAffirmations version 1.4
Last revised on: 2012-04-09

Introduction

MiAffirmations (iTunes: [MiAffirmations Free](#) & [GoalNetter](#)) is an application that helps people achieve their life goals by using the good principles of advertising in their own life. It uses the power of affirmations to help the person establish and strengthen their own value system. Through the repetition of positive messages It helps people stay focused on a positive outcome rather than a negative situation.

Affirmations are simple but powerful way to override negative thought patterns and reprogram one's self-talk (a stream of unspoken thoughts that circulate through person's head all of the time). There is an estimate that an average individual could have about 50,000 such thoughts in a day and these could be either positive or negative.

If majority of self-talk is positive then such an individual is an optimist, otherwise he or she is a pessimist. Research has shown that positive thinking (positive self-talk) is linked with :

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress
(source: [Mayo Clinic](#))

What is good about self-talk is that it could be changed and this is where MiAffirmations should be able to help. It will allow you to record the affirmations you want to hear (the voiceover), choose the background music that will be mixed with the recorded voiceover and play them both back to you, while you engage in your daily activities.

Quick Start

When you open the application it will show the Main Screen (shown in Figure 1) which has three tabs. Initially displayed is the Playback tab (labeled as GoalNetter) which allows you to select the recorded voiceover and background music playlists as well as control the volume and other playback options.



Figure 1 Main Screen

To quickly start using the application follow these steps:

1. Tap on the Voiceover Playlist to create new playlist
2. Make a recording of your goal, affirmation, quotation etc.
3. Add this recording into the created voiceover playlist
4. Tap on the iPod Playlist to select background music playlist
5. Tap on the Voiceover Play button to listen to the recording
6. Tap on the iPod Play button to listen to the background music
7. Adjust volume and Voiceover Shuffle and Repeat options

Note: Adjusting Shuffle/Repeat options for background music is done in the iPod application (renamed to Music in iOS 5.x)

Creating Voiceover Playlists

When you tap on the Voiceover Playlist (see Figure 1) the screen will display the list of created playlists (as shown in Figure 2).

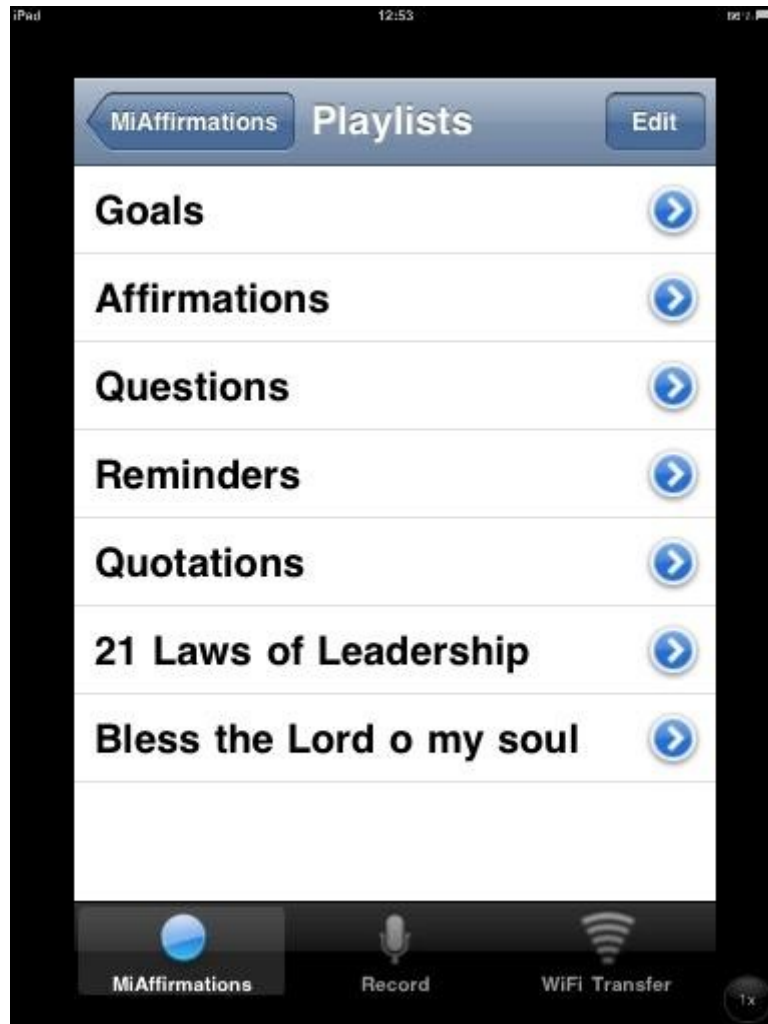


Figure 2 Voiceover Playlist Selector

Application will come with some predefined playlists. To delete unwanted entries point to each entry that is to be deleted and swipe your finger left or right. This will display the Delete button on the right side of the particular entry. Repeating the swipe action or tapping elsewhere on the screen will dismiss the Delete button.

Taping on the Delete button will delete the entry. This action is irreversible and the deleted entry will not be recoverable. Note that the default „Goals“ entry cannot be deleted.

To create a new playlist tap on the Edit button. This will switch the list into the edit mode (as shown in Figure 3). Taping on the „minus“ buttons will display

the Delete button on the right side of the particular entry, which can be then tapped to delete that particular entry.

To add a new playlist tap on the „plus“ button at the bottom of the list. This will open a new screen to enter the playlist name. Tap into the name field and use the on-screen keyboard to enter the desired playlist name. After you are done with editing tap on the Done button.

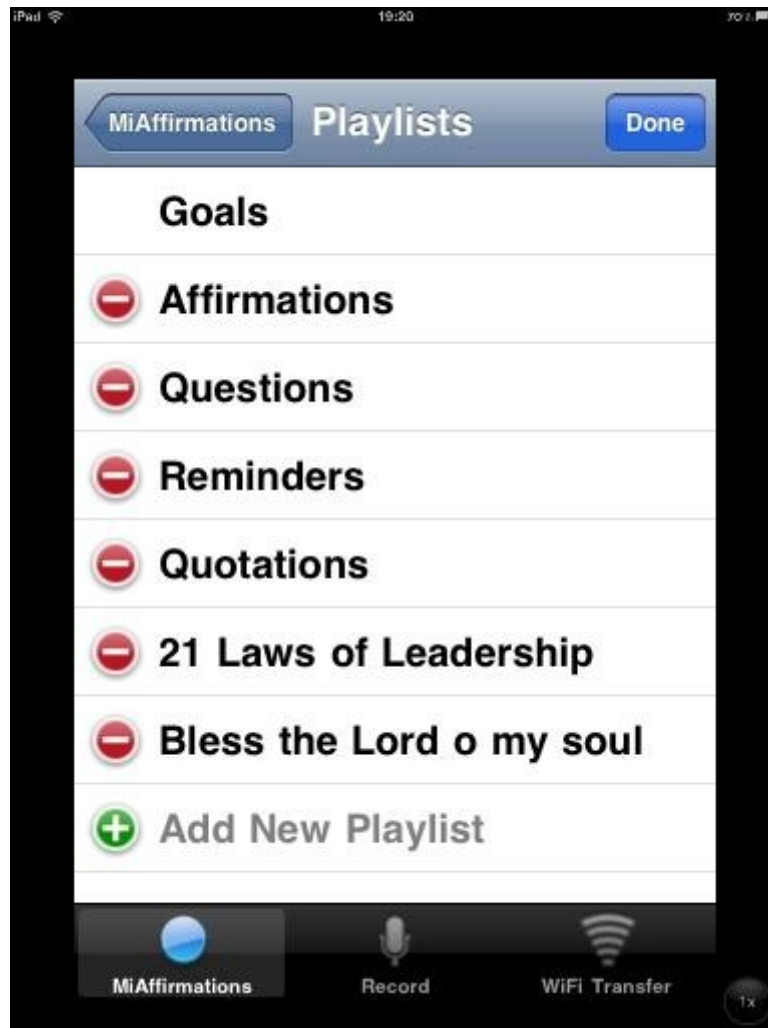


Figure 3 Voiceover Playlist Edit Mode

To add recorded affirmations to the voiceover playlists tap on the „greater than“ button to the right of the particular playlist name (refer to the Figure 2). This will show the Affirmation List screen (shown in Figure 4), where all affirmations added to the particular voiceover playlist are displayed in the order they would be played (unless Shuffle option is turned ON).

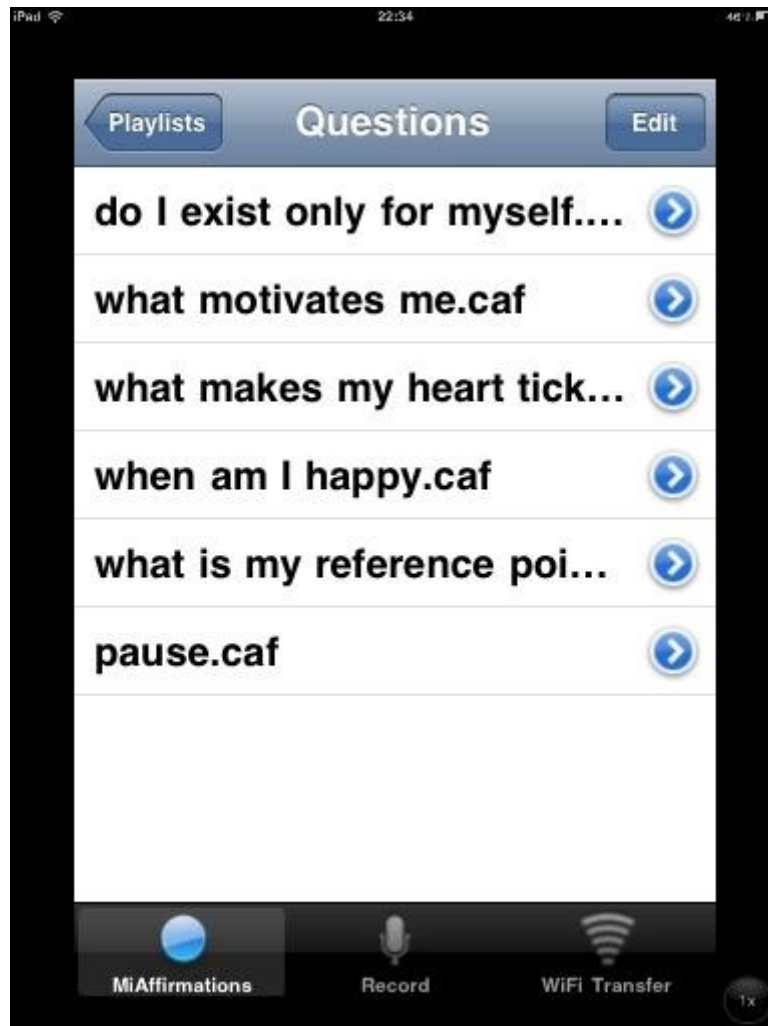


Figure 4 Song List (Playlist Details)

To add more affirmations or to remove them from the selected playlist tap on the Edit button. This will switch the list into the edit mode as shown in Figure 5.

Note that affirmations could be also removed from the playlist by swiping the finger left or right over the name of the particular affirmation. This would display the Delete button on the right side of the particular affirmation. Repeating the swipe action or tapping elsewhere on the screen would dismiss the Delete button. Taping on the Delete button will remove the particular affirmation from the playlist but will not delete it.

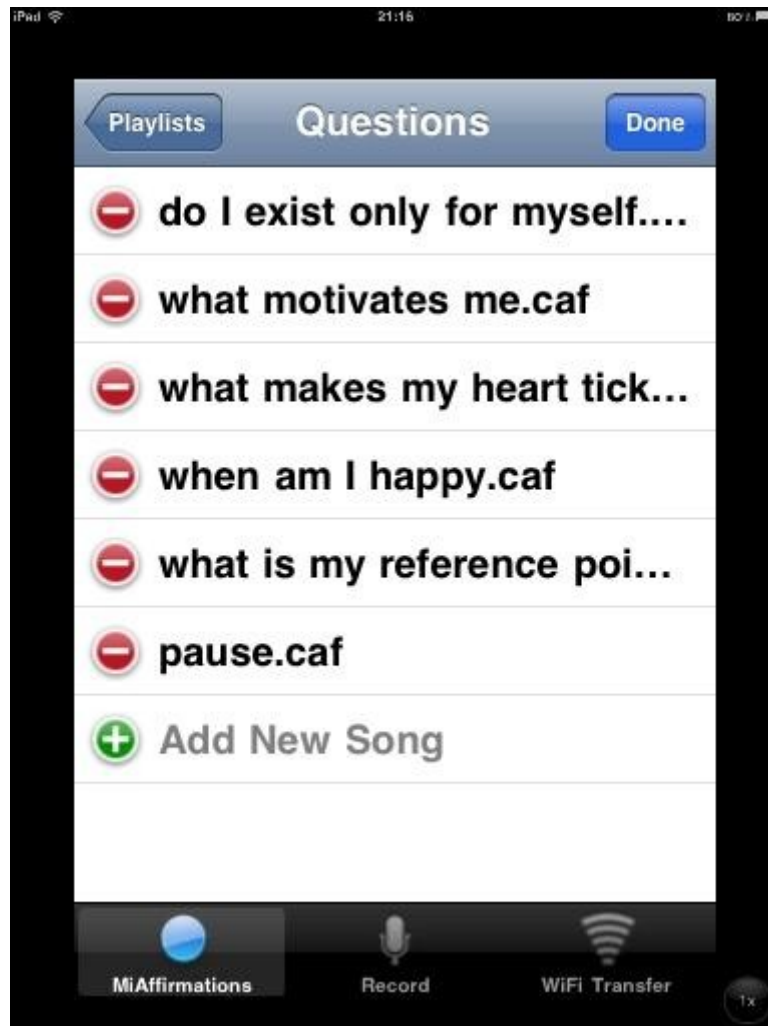


Figure 5 Affirmation List Edit Mode

When the Affirmation List is in edit mode (refer to Figure 5), adding new affirmations into the playlist is done by clicking on the “plus” sign at the bottom of the list. This will open a new screen to select the affirmation that is to be added. If you can't see any affirmations, you will have to record them by using the Record tab (i.e. tap on the Record button at the bottom of the screen).

You can add the same affirmation more than once into the particular voiceover playlist and sometimes it is good to record a little bit of silence and use that as a „pause“ between different affirmations. Effectively the order the affirmations are displayed is the order they will be played. This will not be the case if the Shuffle switch is ON (see Figure 1), when affirmations will be played randomly.

After you are done with editing the particular playlist and adding/removing affirmations, tap on the Done button. Taping on the Playlists button in the upper left corner will navigate back to the Voiceover Playlist screen (shown in Figure 2).

Recording Your Affirmations

To record the affirmation tap on the Record button at the bottom of the application screen. This will display the screen as shown in Figure 6.



Figure 6 Record Screen

To automatically add the recording into the particular voiceover playlist select that playlist by tapping on the Voiceover Playlist Selector at the top of the screen. This will display the list of created playlists (as shown in Figure 2).

To start recording tap on the „plus“ button. It will turn into the „stop“ button and the device will start recording your voice. It is good to record the voiceover as loud as you can be. To avoid noise from blowing into the microphone place a 3-ply paper tissue over the microphone.

When you finish the recording tap on the „stop“ button. The Affirmation Details Entry screen will be shown (see Figure 7). To hear the recording tap on the „play“ button. To save (accept) the recording tap on the Save button, otherwise tap on the Cancel button.

To enter more details about the recording enter the appropriate information into the fields provided, by using the on-screen keyboard.

The screenshot shows an iPad interface with a status bar at the top displaying 'iPad', signal strength, '22:32', and battery level. The main screen is titled 'Details' and has a 'Cancel' button on the left and a 'Save' button on the right. Below the title is a green play button icon. The form contains the following fields:

| | |
|-----------|-------------|
| Name | I am worthy |
| Artist | |
| Album | |
| Composer | |
| Volume | 100 |
| Genre | |
| Copyright | |
| Year | |
| Grouping | |

A '1x' zoom button is visible in the bottom right corner of the screen.

Figure 7 Affirmation Details Entry

If the recording already exists a warning screen will be displayed (see Figure 8). Choose the appropriate response. Cancel button will abort the operation, but tapping on the other two buttons will start the recording. If Make a New Recording button is tapped a new recording with the Name set to be the current date and time.

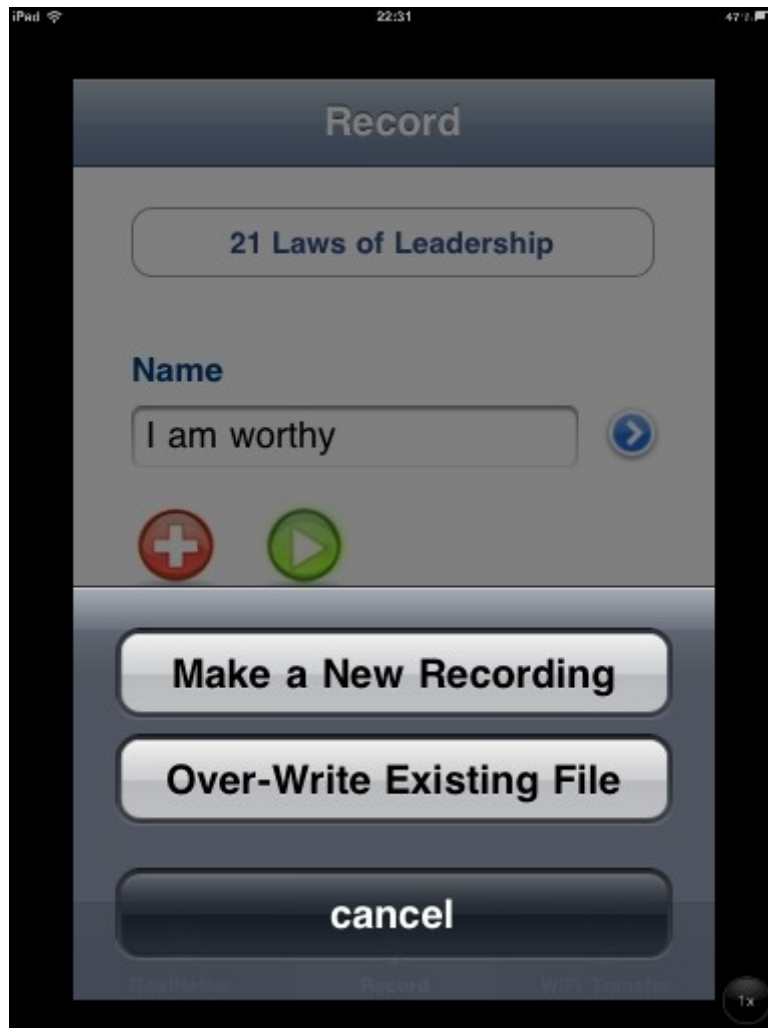


Figure 8 Make New or Overwrite Existing Affirmation

Choosing the Background Music

Background music playlists (iPod Playlists) cannot be edited in the MiAffirmations application, but are created and managed within the iPod application (on iOS 5.x devices this is renamed into the Music application).

MiAffirmations will only display those iPod playlists that are not empty (i.e. they have at least one affirmation added into them).

Tapping on the „greater than“ button to the right of the background music playlist (see Figure 9) will display the list of songs that belong to that particular playlist. As said above, songs cannot be added or removed through MiAffirmations, but through the iPod application.

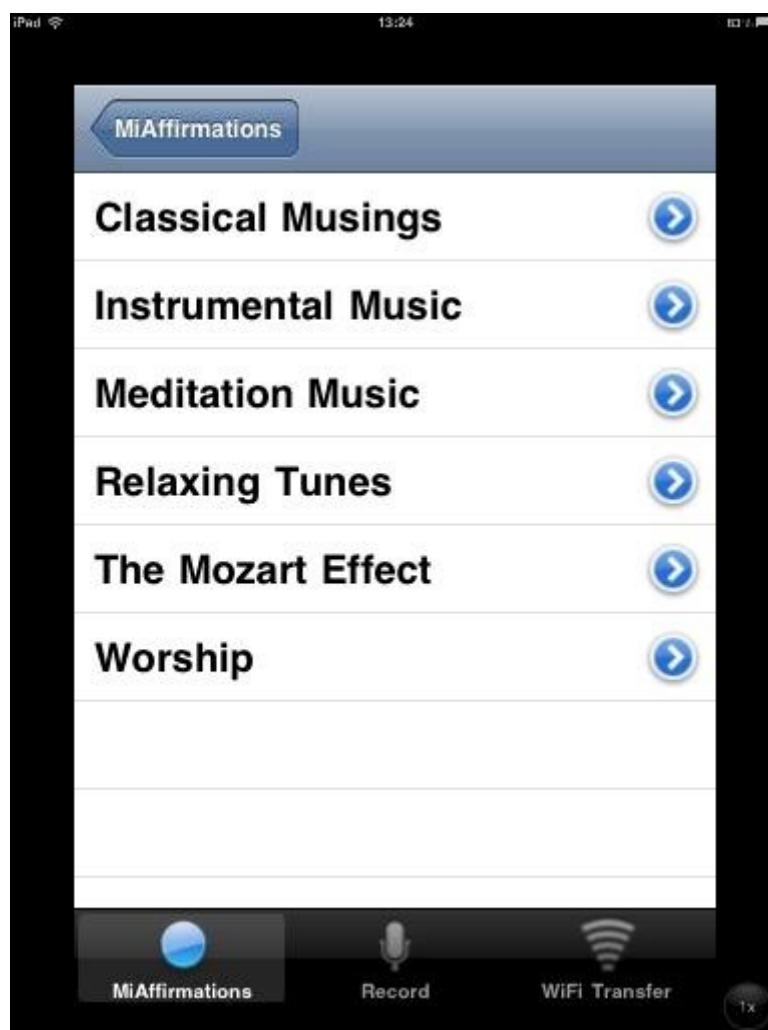


Figure 9 iPod Playlists

Note that Repeat and Shuffle switches on the Main Screen (see Figure 1) do not relate to the background music but to the voiceover playlists only. Background music repeat options will have to be set within the iPod application (shown in Figure 10).

Background music can be independently started from the iPod application. Master Volume control is tied with the volume buttons on the device and it will properly reflect the current volume of the device.

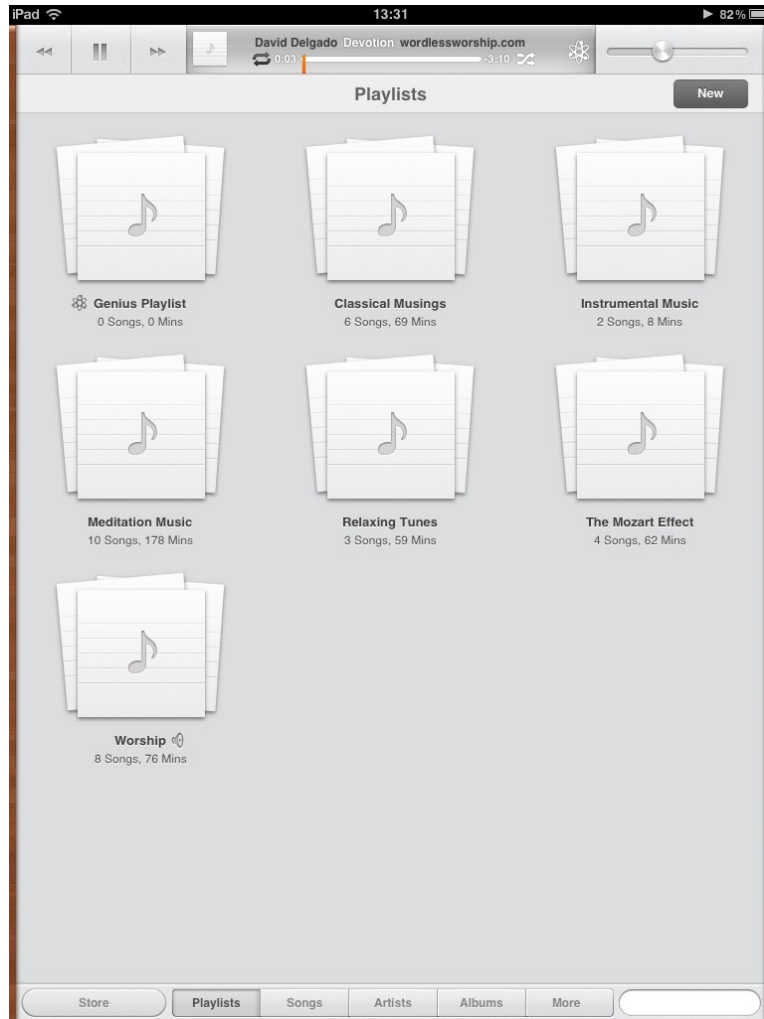


Figure 10 iPod Application

Upload/Download Affirmations From Your Home Computer

When the Internet connection is available, and MiAffirmations application is instructed to do so, the application specific web page could be accessed, displaying the list of affirmations available within application's database.

To enable this function tap on the WiFi Transfer button at the bottom of the application screen. This will display the screen as shown in Figure 11. As said above, Internet connection must be available on the device, otherwise URL addresses shown at the bottom of the screen will not be visible. To enable the Internet connection use your device's Settings menu.



Figure 11 WiFi Transfer Screen

To instruct MiAffirmations to enable the web page at the specified address (i.e. the one listed in the second row) the WiFi Transfer switch must be ON.

In your web browser type in the URL displayed in the second row (i.e. in this case that is <http://10.0.0.5:8080>) which will display a simple web page

containing the list of recorded affirmations with the hyperlinks to download (or listen) to the selected affirmations.

The same web page will have the „upload file“ text entry field and the Browse and Submit buttons that can be used to specify the affirmation file (on your home computer) that should be uploaded onto the device, after which it would become available to be used inside the MiAffirmations application.

Note that only CAF (Core Audio Format) and MP3 formats are supported.

Known Issues

Please refer to the current Known Issues List at <http://miaffirmations.com/known-issues/>