



Number My Days

Quick-Start Guide

A tool offered by CEDCI | Version January 2026

Welcome to Number My Days

Number My Days is a practical reflection and alignment tool to help you live with greater clarity, intention, and momentum. It is offered by CEDCI as a support for coaching, workshops, learning environments, and personal development — but it is first and foremost your tool.

This app is not about doing more. It's about paying attention to what matters most and aligning your days accordingly.

What this tool is designed to support:

- Clarify what matters in your current season.
- Translate insight into daily and weekly practice.
- Reflect honestly on progress, patterns, and direction.
- Stay grounded in your values while navigating real life and leadership.

You are not expected to use every section every day. The value comes from consistent, honest engagement over time.

Momentum is rarely built in dramatic moments. It is built through small, faithful choices repeated over time.

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Quick Start

Start here. The goal is not to fill everything out. It's to create a simple loop:

awareness → focus → reflection → adjustment

- **Your Profile** — enter your name, birthday, and target age or milestone date.
- **Big 5** — write 3–5 daily commitments that reflect your values.
- **Goals** — add 1–3 goals for this season.
- **Today's Focus** — set your Top Three for today.
- **Journal** — write one sentence about where you are right now.

This setup connects *who you want to become* (Big 5), *where you're going* (Goals), *what matters today* (Focus), and *what you're learning* (Journal).

Recommended Rhythms

Daily

- Morning (1–3 min): Home → Today's Focus — set your Top Three.
- Midday (30 sec): Re-open Today's Focus and re-center if the day drifted.
- Evening (2–5 min): Journal (gratitude, progress, challenge) + optional Prayer.

Weekly (10–20 min)

- Update Goals progress and add 1–3 Quick Wins for each active goal.
- Review Big 5 — adjust anything that no longer fits your season.
- Scan last week's Journal for patterns (wins, drains, lessons).

Monthly (20–30 min)

- Review Journal entries for recurring themes.
- Refine Big 5 practices if needed.

Quarterly

- Revisit Pathway Plan and Legacy (Life Sentences) to stay aligned with your calling.

Tip: Short, repeatable check-ins beat long, occasional resets. Consistency creates compounding clarity.

Getting Around the App

Left Navigation

Use the left sidebar to move between sections. Your current page is highlighted. Most pages autosave as you work (depending on your build).

Top Bar — Global Actions

- Export Data (.json) — creates a portable snapshot you can restore on any device.
- Save All Data (Backup) — use before major changes, large edits, or beta testing.
- Import Data — restores a previously exported file after a device change or reset.
- Reset Demo — loads sample data for testing. Always export your real data first.
- Login state and Logout — visible at all times so you know who is logged in.

Private User vs. Coach Mode

The same app serves two different contexts depending on mode:

- Private User: your personal workspace for reflection and growth.
- Coach Mode: a workspace that supports coaching conversations, workshops, and guided use. Labels may shift (e.g., Assessments becomes Coach Tools).

Mode is set in the **Connect section** of the app.

Tip: When in doubt, use Private User mode day-to-day. Switch to Coach Mode when working with a facilitator or coach.

The screenshot displays the 'Number My Days' app interface. At the top, it shows the user's name 'Kate (admin)' and a 'Logout' button. The main content area is divided into several sections: a 'COUNTDOWN TO TARGET AGE' section showing 15,438 days, 22 hours, 38 minutes, and 46 seconds; a 'BIG 5 - DAILY COMMITMENTS' section with a list of tasks; a 'VERSE OF THE DAY' section with a quote from Psalm 90:12; an 'AGE AND STAGE' section with a 'Builder' button; and a 'GOALS SNAPSHOT' section showing 'No goals yet.' The bottom of the screen features a 'STORAGE & DEVICE' section with options to save data to the device or the cloud, and an 'Auto-backup' checkbox. The interface is clean and modern, with a blue and white color scheme.

Section-by-Section Guide

Home Page

Your daily orientation point. If you only use the app for one minute a day, make it Home.

- Countdown to Target Age: keeps your time horizon visible so priorities stay sharp. If the target is wrong, update it in Your Profile.
- Big 5 Snapshot: read-only view of your daily commitments. Edit them on the Big 5 page.
- Verse of the Day: open in YouVersion for more context. Meant to set tone, not complete a study.
- Light Journal Prompts: daily (gratitude, progress, challenge) and weekly (wins, adjustments, lived values) cues. Tap into Journal to write.
- Age and Stage (Builder → Steward → Elder): non-functional in beta. Prompts you to ask: What will matter most at this stage? Who am I developing?
- Goals Snapshot: use expand/collapse to view goal details without clutter. Edit goals on the Goals page.

Tip: Before a coaching session, review Home and note what stands out. Coaches may reference your countdown, Big 5, goals, and stage prompt as a shared starting point.

The screenshot shows the home page of the 'Number My Days' app. At the top, there's a header with the company name 'CEDCI LLC' and 'Number My Days', along with user settings like 'Mode: Private user', 'Reset Demo', 'Export Data (.json)', 'Save All Data (Backup)', 'Import Data', and 'Logged in as Kate (admin)'. A blue banner at the top contains the mission: 'Resourcing leaders to live out their God-given calling in their God-given gifting.' Below this is a sidebar with navigation links. The main content area is divided into several sections: 1. 'COUNTDOWN TO TARGET AGE' showing a large timer at 15438 days, 22 hours, 38 minutes, and 46 seconds. 2. 'BIG 5 - DAILY COMMITMENTS (YOUR LIST)' with a list of tasks: 'Scripture & Prayer', 'Move Your Body', 'Create or Improve', 'Serve or Encourage', and 'Reflect & Plan'. 3. 'VERSE OF THE DAY' featuring a quote from Psalm 90:12 and buttons to 'Read in YouVersion' or 'Open Verse of the Day'. 4. 'AGE AND STAGE' showing a progression from 'Builder' to 'Steward' to 'Elder' and a prompt: 'What will matter most at this stage? Who are you developing?'. 5. 'GOALS SNAPSHOT' which currently shows 'No goals yet.'. 6. 'STORAGE & DEVICE' section with options to save data to the device or the CEDCI cloud.

Section-by-Section Guide

Your Profile

The foundation of the app. Set it once; revisit during major life transitions.

- Enter your name, birthday, and target age (or a custom milestone date). Click Save Profile.
- Age-based target: enter Target Age, click Use Age Target. Milestone-based: enter a Custom Target Date, click Use Custom Date.
- Open Email Draft (optional): generates a draft using your profile context — handy for sharing with a coach without rewriting the basics.
- Theme and Appearance: choose a color and click Apply Theme. A calm, familiar interface increases daily return.
- Storage (Beta): enable Auto-backup when I navigate between pages. Click Backup now periodically. Cloud buttons are beta/testing tools unless your build confirms cloud is active.

Tip: Use a target horizon that feels motivating, not oppressive.

The screenshot displays the 'Your Profile' page of the 'Number My Days' app. At the top, there's a navigation bar with the app name and user information. Below that, a mission statement is shown. The main content area is divided into three sections: 'YOUR PROFILE (LOCAL ONLY)', 'THEME & APPEARANCE', and 'STORAGE & DEVICE'. The 'YOUR PROFILE' section contains input fields for Name, Birthday, Target Age, and Email, along with buttons for 'Save Profile', 'Use Age Target', and 'Use Custom Date'. The 'THEME & APPEARANCE' section shows a dropdown menu for 'Theme color' set to 'Blue (default)', with 'Apply Theme' and 'Reset to Blue' buttons. The 'STORAGE & DEVICE' section shows 'Detected device: Apple (macOS)' and radio buttons for 'Save my data on this device only' and 'Save my data to the CEDCI cloud (cedci.com)', with the latter selected. There's also a checkbox for 'Auto-backup when I navigate between pages' which is checked, and buttons for 'Backup now', 'Restore from cloud', and 'Test cloud'. A 'Diagn' button is visible in the bottom right corner.

Section-by-Section Guide

Goals & Quick Wins

Goals provide direction. Quick Wins provide momentum. Together, they turn clarity into action.

- Add a goal: click Goals → Add / Edit Goal. Enter a title and target date (MM/DD/YYYY), then save.
- Edit a goal: click Edit on a goal card. Update the name, target date, and progress (0–100). Save your changes.
- Quick Wins: one concrete next step under each goal (e.g., “Draft outline” or “Email John”). Click the New Quick Win field, type one step, click Add. Complete, remove, or replace as reality changes.
- Progress: update weekly or at meaningful milestones. A goal at 20% is forming, not failing.
- Delete a goal when a season changes. Letting go creates focus and reduces noise.

Tip: Sessions often end with 1–2 Quick Wins to create immediate traction. Progress updates are used to adjust strategy, not grade effort.

The screenshot displays the 'Goals' section of the 'Number My Days' app. At the top, there is a mission statement: 'Mission: Resourcing leaders to live out their God-given calling in their God-given gifting.' Below this, a sidebar on the left contains navigation buttons for Home, Your Profile, Goals (which is highlighted), Pathway Plan, Legacy, Big 5, Today's Focus, Journal, Prayer, Books, Connect, Assessments, Contact Us, and Admin Panel. The main content area is titled 'Goals' and shows 'No goals yet. Add one below.' Below this is a form titled 'ADD / EDIT GOAL' with fields for Title, Goal name, Target (MM/DD/YYYY), MM/DD/YYYY, and Progress (0–100). The progress field currently shows '0'. There are 'Save Goal' and 'Clear' buttons at the bottom of the form. A tip at the bottom of the form states: 'Tip: goals are stored only on this device (localStorage).' The top of the app shows the user is logged in as 'Kate (admin)' and has options for 'Mode: Private user', 'Reset Demo', 'Export Data (.json)', 'Save All Data (Backup)', and 'Import Data'.

Section-by-Section Guide

Pathway Plan

The architectural backbone of the system — holds identity, vision, strategy, and accountability so your goals stay aligned with calling. Work this page slowly, often across multiple sessions. Use the links to open pathwayplan.com or download the PDF guide.

Expand one section at a time and write in the text boxes:

- Identity: Calling (your sense of assignment), Gifting (what you are wired to contribute), Guiding Values (non-negotiables).
- Vision Frames: 10-Year direction, 3-Year picture, 1-Year goals.
- Roles and Relationships: primary roles (family, work, church, community) and key relationships to invest in.
- Strengths, Growth, and Obstacles: top strengths/assets, growth edges, obstacles/constraints, and supports.
- Strategy: Quarterly Rocks (3–7), milestones and checkpoints, keystone habits.
- SMART Goal: one clear statement, measurable metrics, deadline (YYYY-MM-DD), and why it matters (motivation, scripture).
- Accountability: cadence (weekly/biweekly review), accountability partners or coaches, and helpful reference links. Use Download as .txt for an archival copy.

Tips: Start with Identity and Vision before getting tactical. Translate strategy into Goals and Big 5 so it becomes lived practice.

The screenshot displays the 'Number My Days' app interface. At the top, there's a header with the company name 'CEDCI LLC Number My Days' and user options like 'Mode: Private user', 'Reset Demo', 'Export Data (json)', 'Save All Data (Backup)', 'Import Data', and 'Logged in as Kate (admin)'. Below the header is a blue banner with the mission statement: 'Mission: Resourcing leaders to live out their God-given calling in their God-given gifting.' A left sidebar contains navigation buttons for Home, Your Profile, Goals, Pathway Plan (highlighted), Legacy, Big 5, Today's Focus, Journal, Prayer, Books, Connect, Assessments, Contact Us, and Admin Panel. The main content area is titled 'Pathway Plan' and includes an 'Expand all' button. It features three expandable sections: 'PATHWAY PLAN LINKS' with buttons for 'Open pathwayplan.com' and 'Open Pathway Plan PDF'; 'IDENTITY: CALLING • GIFTING • VALUES' with text boxes for 'Calling (sense of assignment/purpose)', 'Gifting (strengths, spiritual gifts, talents)', and 'Guiding Values (non-negotiables)'; and 'VISION FRAMES: 10-YEAR • 3-YEAR • 1-YEAR' with a text box for '10-Year Vision (where are you headed?)' and a 'Diagn' button.

Section-by-Section Guide

Legacy

Helps you clarify the story you are living now so it shapes the story that will eventually be told. Work this page slowly — it is not meant to be rushed.

- **Life Sentences:** up to five short statements of what you want to be known for. Under each, add a brief note describing the habits and practices that support it. Use Copy Bullets to share in email or coaching notes.
- **Obituary Draft:** write a short paragraph as if your life were being summarized. This shifts focus from “What am I doing?” to “What story am I telling with my life?” It’s not morbid — it’s clarifying.
- **Life Story Windows (Past → Present → Future):** reflect on what has formed you, what is changing, and what you sense God inviting you toward. These stories help you live in alignment with the legacy you want to leave.
- **Upload Supporting Files:** visible now as a preview of future functionality — not yet active in this build.

Tip: Use the Summary Preview as a conversation anchor with trusted people. Let Life Sentences evolve as your life changes.

The screenshot shows the 'Legacy' section of the 'Number My Days' application. At the top, there is a navigation bar with the company name 'CEDCI LLC Number My Days', user mode 'Private user', and various utility buttons like 'Reset Demo', 'Export Data (.json)', 'Save All Data (Backup)', 'Import Data', and 'Logged in as Kate (admin)'. Below this is a blue mission statement banner: 'Mission: Resourcing leaders to live out their God-given calling in their God-given gifting.' A left sidebar contains a menu with items like 'Home', 'Your Profile', 'Goals', 'Pathway Plan', 'Legacy' (highlighted), 'Big 5', 'Today's Focus', 'Journal', 'Prayer', 'Books', 'Connect', 'Assessments', 'Contact Us', and 'Admin Panel'. The main content area is titled 'Legacy' and contains three primary sections: 1. 'LIFE SENTENCES' with an 'Edit Life Sentences' button and a 'SUMMARY (PREVIEW)' box containing a 'Copy Bullets' button. 2. 'OBITUARY DRAFT' with a text input field. 3. 'YOUR LIFE STORY WINDOWS' with three text input fields for 'Past Story...', 'Present Story...', and 'Future Story...'. At the bottom, there is an 'UPLOAD SUPPORTING FILES (LETTERS, IMAGES, VIDEOS)' section with a 'Diagn' button.

Section-by-Section Guide

Big 5

Where values become daily practice. These are the few commitments that, if honored consistently, shape who you are becoming.

- Click into each Description box and write a simple, repeatable daily practice. Each category is fully customizable.
- Write practices, not ideals: “Read scripture 10 minutes” instead of “Be spiritual.” Make them measurable by behavior, not mood. If you can’t do it on an average day, simplify.
- Big 5 on Home shows your snapshot; in Journal you reflect on each category.
- Weekly: ask which commitment would help the most next week. Quarterly: revise to match a new season (new role, health, family needs).

Example practices:

- Spiritual: “Prayer and Scripture (10–15 minutes) before checking email.”
- Family: “One meaningful connection (call, meal, or conversation).”
- Body: “Move my body for 20 minutes (walk, stretch, strength).”
- Work: “One focused work block on my top priority (45–90 minutes).”
- Service: “One act of service or encouragement (message, help, prayer).”

Tip: If you miss a day, don't make it up — just resume tomorrow. Big 5 works through repetition, not perfection.

The screenshot shows the 'Number My Days' app interface. At the top, there's a header with 'CEDCI LLC' and 'Number My Days'. Below the header, there are several utility buttons: 'Mode: Private user', 'Reset Demo', 'Export Data (.json)', 'Save All Data (Backup)', 'Import Data', and 'Logged in as Kate (admin)'. A blue banner at the top contains the mission statement: 'Mission: Resourcing leaders to live out their God-given calling in their God-given gifting.' On the left side, there's a navigation menu with buttons for 'Home', 'Your Profile', 'Goals', 'Pathway Plan', 'Legacy', 'Big 5' (which is highlighted), 'Today's Focus', 'Journal', 'Prayer', 'Books', 'Connect', 'Assessments', 'Contact Us', and 'Admin Panel'. The main content area is titled 'Big 5 (Editable)' and contains three items:

- ITEM 1**
Idea: Scripture & Prayer
Description: 15 minutes in the Word and prayer.
- ITEM 2**
Idea: Move Your Body
Description: 20–30 minutes of movement.
- ITEM 3**
Idea: Create or Improve
Description: 30–60 minutes making or refining something.

At the bottom right of the app interface, there is a 'Diagn' button.

Section-by-Section Guide

Today's Focus

Where you decide what deserves your best energy today.

- Top Three for Me: click directly on a line to type up to three priorities. Press Enter to save, Esc to cancel. Check the box when complete.
- To-Do Lists: supporting tasks that should not compete with your Top Three. Click Add List to create one (up to 10). Rename by clicking the list name. Add tasks using the New Task field. Check to complete; use Delete to remove.
- Expand/Collapse: collapse lists you don't need right now to reduce visual noise.
- Export/Import (.json): save a list for backup or reuse recurring task sets — useful during beta.

Tip: Set your Top Three once per morning. If everything feels urgent, choose fewer items, not more. Today's Focus often reveals what is displacing what matters — coaches may reference it to spot misalignment or overload.

0d 00:00:00 CEDCI LLC Number My Days Mode: Private user Reset Demo Export Data (.json) Save All Data (Backup) Import Data Logged in as Kate (admin) Logout

Mission: Resourcing leaders to live out their God-given calling in their God-given gifting.

Home **Today's Focus**

Your Profile

Goals

Pathway Plan

Legacy

Big 5

Today's Focus

Journal

Prayer

Books

Connect

Assessments

Contact Us

Admin Panel

TOP THREE FOR ME

Tip: click text to edit; Enter saves, Esc cancels.

TO-DO LISTS

Up to 10 lists. Click a list name to rename. Add List

List 1 Export (.json) Import New task Add

List 2 Export (.json) Import New task Add

Click a task to edit; click away or press Enter to save.

Diagnostics

Section-by-Section Guide

Journal

Where experience becomes insight. Short entries count. You do not need to fill every field every day.

- **Big 5 Daily Reflection:** review each category (Spiritual, Family, Body, Work, Service). Use dropdowns to rate the day; add a short note where needed. Ask: did my stated values show up in real life today?
- **Daily Prompts:** enter the date (MM/DD/YYYY or double-click for the calendar). Write 1–3 sentences on gratitude, progress, and challenge. If pressed for time, do gratitude only — it still counts.
- **End-of-Day Completion:** mark end-of-day checkboxes (scripture, prayer, meditation) as a gentle close to the day, not a performance score.
- **Deeper Prompts (optional):** scroll down and use what feels relevant. Bullets are fine. Especially helpful during transitions, conflict, or emotionally full days.
- **Save Day:** click to store your entry. Use Reset Day only if you want to clear it (export first). Use Download Day (Markdown/JSON) for backup or sharing.
- **Saved Days:** select a past date to review, edit, or delete entries. Patterns become visible only when you look back.

Tip: Write less than you think you should. Honesty beats polish. Return after gaps without guilt. Review entries monthly or quarterly for patterns.

The screenshot displays the 'Number My Days' app interface. At the top, there's a navigation bar with a clock showing '04:00:00:00', the company name 'CEDCI LLC Number My Days', and user controls like 'Mode: Private user', 'Reset Demo', 'Export Data (json)', 'Save All Data (Backup)', 'Import Data', and 'Logged in as Kate (admin)'. Below this is a blue banner with the mission statement: 'Mission: Resourcing leaders to live out their God-given calling in their God-given gifting.' A left sidebar contains navigation links: Home, Your Profile, Goals, Pathway Plan, Legacy, Big 5, Today's Focus, Journal (highlighted), Prayer, Books, Connect, Assessments, Contact Us, and Admin Panel. The main content area is titled 'Journal & Reflections' and includes a section for 'EVALUATE YOUR DAY BY THE BIG 5' with categories like 'Scripture & Prayer', 'Move Your Body', 'Create or Improve', 'Serve or Encourage', and 'Reflect & Plan'. Each category has a dropdown menu and a text input field for notes. Below this is a 'DAILY REFLECTIONS JOURNAL' section with fields for Date (MM/DD/YYYY), Gratitude (3), 'I'm grateful for...' (three lines), and 'Daily Insight' (A truth, lesson, or realization from today...). A 'Diagnose' button is visible in the bottom right corner.

Section-by-Section Guide

Prayer

Designed to help you meet with God intentionally, not mechanically. The structure adapts based on the pattern you select while keeping stable anchor fields always visible.

- Set the context: choose the date, time of day (Morning / Midday / Evening), and an optional short prompt (a verse, phrase, or focus for this time).

Select a journal pattern — each changes the form's fields and prompts:

- Lord's Prayer Path: guided flow from worship to surrender.
- ACTS: Adoration, Confession, Thanksgiving, Supplication.
- Scripture & Listening: slow down and attend to what God may be highlighting.
- One-Sentence: for days when brevity matters most.
- Exchange (Transactional): name what you're carrying and receive truth, peace, or perspective in return.

Anchor fields (always visible regardless of pattern): **People & Work** — people in your org chart, meetings, **Present** — what I'm bringing, **Receive** — what the Father gives, **Surrender** — what I release, **Align** — Your will be done

- Pattern-specific prompts (dynamic): Confession, Gratitude, Requests & Burdens, Listening (word/phrase/picture), one next step of obedience, scripture meditation notes. Follow in order or skip around.
- Journal with God: write what you sensed, learned, or noticed. Capture clarity, conviction, comfort, or correction. Name any scripture or phrase that stood out.
- Close the time: click Done when finished. Optionally export or search past entries.

Tip: Choose a pattern and don't overthink it. Switch freely. Let relationship, not performance, lead.

The screenshot shows the 'Number My Days' app interface. At the top, there's a navigation bar with 'CEDCI LLC' and 'Number My Days' logo, and user controls like 'Mode: Private user', 'Reset Demo', 'Export Data (.json)', 'Save All Data (Backup)', 'Import Data', and 'Logged in as Kate (admin)'. Below this is a blue mission banner: 'Mission: Resourcing leaders to live out their God-given calling in their God-given gifting.' The main content area is titled 'Daily Habits & Prayer Guide'. It includes a 'Word Study' section with the text: 'προσεύχεται (proseuchomai): drawing near to our Heavenly Father to exchange, give to and receive from, wishes and desires in relational conversation.' There are input fields for 'Date' (03/20/2026) and 'Time of day' (Morning). A 'Breath prayer' section contains the text 'Abba, I am Yours.' Below that are navigation buttons: 'Previous Day', 'Load 2026-03-20', 'Save 2026-03-20', and 'Next Day'. A prompt reads: 'Be still for 1-2 minutes: "Speak, Lord, your servant is listening."' and a 'Start 2-min Stillness' button. At the bottom, there's a 'Select a journal pattern' section with buttons for 'Lord's Prayer Path', 'ACTS', 'Scripture & Listening', 'One-Sentence', and 'Exchange (Proseuchomai)'. Below these buttons is a list of anchor fields: 'Lord's Prayer Path: Adore • Align • Ask (proseuchomai: draw near to exchange, give and receive) • Forgive • Deliver • Listen.'

Section-by-Section Guide

Books

Separates reading intention from active engagement.

- To Read: enter a title (and optionally author), click Add to To Read. Keeps reading intent alive when motivation is high.
- Move to My Books: click Add to My Books when you start reading. Click Remove if you decide not to read it.
- My Books & Reflections: expand a book and capture at least one key insight and one action to apply. Return to add more as you read.
- Search Books: filter by title, author, ISBN, insights, actions, or headings. Over time, this becomes a personal knowledge base searchable in coaching conversations.

Tip: Keep To Read short (3–5 books). If a coach recommends a book, add it immediately, then move it to My Books once started.

The screenshot displays the 'Books' section of the 'Number My Days' app. At the top, there is a navigation bar with the app's logo, user mode ('Private user'), and various utility buttons like 'Reset Demo', 'Export Data (json)', 'Save All Data (Backup)', 'Import Data', and a 'Logged in as Kate (admin)' indicator. Below the navigation bar is a blue banner with the mission statement: 'Resourcing leaders to live out their God-given calling in their God-given gifting.' The main content area is divided into three sections: 1. 'To Read': A form with 'Title' and 'Author (optional)' input fields, and an 'Add to To Read' button. Below the form is a list with one item: 'None'. 2. 'SEARCH BOOKS': A search bar with the placeholder text 'Type to filter: title, author, ISBN, insights, actions, headers...'. Below the search bar, it shows 'To Read: 1 / 1 • My Books: 0 / 0'. 3. 'My Books & Reflections': A section with a '+ Add Book' button. Below this, it says 'Saved locally on this device.' and 'LIBRARY (CSV/JSON) — IMPORT & ADD'. It provides instructions to 'Upload a CSV or JSON with Title, Author, Overview. Choose a book and add it to To Read or directly to My Books.' There are buttons for 'Upload Library File (.csv / json)', 'Download CSV Template', 'Load Demo', and 'Clear Library'. Below these is a 'Library dropdown' menu with the text '— Select a book —' and an 'Overview preview' area. At the bottom of this section are buttons for 'Add to "To Read"' and 'Add to "My Books"', along with a 'Diagn' button.

Section-by-Section Guide

Connect

Note: Connect is a placeholder for a future build. Mode settings work, but sharing and connection features are not yet fully functional.

Intended as a bridge between your work in the app and the people or resources that support you (coaches, facilitators, community, or CEDCI resources).

- Use Connect when you're stuck and need a next step — scheduling, follow-up, or accessing resources.
- To share your work: use Export Data (.json) or the download/export options in Journal, Prayer, and Pathway Plan. Share exported files via email or file share with your coach or facilitator. This keeps your workspace private while enabling collaboration when you choose.

Tip: Keep sensitive information private unless you intentionally choose to share.

The screenshot displays the 'Connect' settings page in the Number My Days app. At the top, there is a navigation bar with the app logo 'CEDCI LLC Number My Days' and several utility buttons: 'Mode: Private user', 'Reset Demo', 'Export Data (.json)', 'Save All Data (Backup)', 'Import Data', and 'Logged in as Kate (admin)'. Below the navigation bar is a blue banner with the mission statement: 'Mission: Resourcing leaders to live out their God-given calling in their God-given gifting.' On the left side, there is a vertical sidebar menu with buttons for 'Home', 'Your Profile', 'Goals', 'Pathway Plan', 'Legacy', 'Big 5', 'Today's Focus', 'Journal', 'Prayer', 'Books', 'Connect' (highlighted in blue), 'Assessments', 'Contact Us', and 'Admin Panel'. The main content area is titled 'Connect' and is divided into three sections: 1. 'MODE & VOICE': A section for choosing how the app is used on the device. It includes a dropdown menu currently set to 'Private user' and a 'Save Mode' button. 2. 'SHARE SETTINGS': A section for choosing what to include and who can see it. It includes a dropdown menu for 'Audience' set to 'Private (only me)' and a list of checkboxes for content types: Profile (name, age), Big 5, Goals (titles + progress), Today's Verse / Passage, Legacy (life sentences only), Books (titles + summaries), Journal highlights, and Prayer & Encouragement opt-in. Below these are 'Generate Share Link' and 'Copy Link' buttons. 3. 'CIRCLES': A section for adding people. It includes a text input field with the placeholder 'Add a person (name or email)' and a 'Quick message' section with a text input field and a 'Diagn...' button.

Section-by-Section Guide

Assessments

Centralizes your assessment reports so they become working material, not forgotten PDFs. Assessments are conversation starters, not labels.

- Each panel (DISC, Enneagram, Working Genius) has the same controls: Upload PDF, Open in New Tab, Remove, Request Assessment (links to CEDCI.com for purchase).

What each assessment is used for:

- DISC: behavioral tendencies and communication — how you show up under pressure and in relationships.
- Enneagram: motivation and inner patterns — why you do what you do. Often used for emotional and spiritual growth.
- Working Genius: where you thrive, where you are competent, and where work tends to frustrate you. Especially useful for teams and role clarity.

Book Coaching or Book Spiritual Direction (when available): schedule through CEDCI.

- In coaching: review your reports before a debrief session and mark pages that stand out. Reference specific pages and connect insights to Goals, Big 5, and Pathway Plan.

Tip: Bring questions, not conclusions, into coaching conversations. Connect insights to action: Goals, Quick Wins, and daily habits.

The screenshot displays the 'Number My Days' app interface. At the top, there's a navigation bar with the CEDCI LLC logo, the app name 'Number My Days', and user settings like 'Mode: Private user', 'Reset Demo', 'Export Data (.json)', 'Save All Data (Backup)', 'Import Data', and 'Logged in as Kate (admin)'. Below this is a mission statement: 'Mission: Resourcing leaders to live out their God-given calling in their God-given gifting.' The main content area is titled 'Assessments & Coaching' and features three assessment panels: DISC, ENNEAGRAM, and WORKING GENIUS. Each panel shows a summary (e.g., 'Your blend: D / I / S / C summary') and a 'No PDF uploaded yet' message. Below each summary are buttons for 'Upload PDF', 'Open in New Tab', 'Remove', and 'Request Assessment'. A fourth section, 'COACHING & SPIRITUAL DIRECTION', offers options to 'Book Coaching', 'Book Spiritual Direction', or visit 'CEDCI.com'. A left-hand sidebar contains navigation links for Home, Your Profile, Goals, Pathway Plan, Legacy, Big 5, Today's Focus, Journal, Prayer, Books, Connect, Assessments (highlighted), Contact Us, and Admin Panel. A 'Diagn' button is visible in the bottom right corner.

Protecting Your Data (Beta)

Helps you clarify the story you are living now so it shapes the story that will eventually be told. Work this page slowly — it is not meant to be rushed.

- **Life Sentences:** up to five short statements of what you want to be known for. Under each, add a brief note describing the habits and practices that support it. Use Copy Bullets to share in email or coaching notes.
- **Obituary Draft:** write a short paragraph as if your life were being summarized. This shifts focus from “What am I doing?” to “What story am I telling with my life?” It’s not morbid — it’s clarifying.
- **Life Story Windows (Past → Present → Future):** reflect on what has formed you, what is changing, and what you sense God inviting you toward. These stories help you live in alignment with the legacy you want to leave.
- **Upload Supporting Files:** visible now as a preview of future functionality — not yet active in this build.

Tip: Use the Summary Preview as a conversation anchor with trusted people. Let Life Sentences evolve as your life changes.

Questions or Feedback

Use the Contact Us page within the app. Four options are available: Contact Us, Need Help, Feedback, and Improve the App. Each opens a pre-filled email.

When reporting an issue, include:

What you clicked and what you expected to happen.

- What actually happened (error text or odd behavior).
- Your build number (shown at the bottom-right of the app: About — Build: ...).
- A screenshot if possible.
- If the issue involves a specific entry, export your data before troubleshooting steps that might reset it. Only share the export if support requests it.

Run Diagnostics (if available) and include the output if the support team requests it.

How This Tool Supports Coaching and Workshops

CEDCI coaches and facilitators will intentionally reference specific sections during sessions. The most commonly used areas:

- Life Sentences (Legacy): clarify guiding commitments and evaluate alignment between values and lived behavior.
- Goals: translate insight into clear next steps, track progress, and adjust direction as reality changes.
- Journal & Books: capture learning, identify patterns, and integrate insights into real life and leadership.

These sections are not used to evaluate performance. They support clarity, alignment, and meaningful progress.

To work with a coach from CEDCI, please contact us at cedci.com