



# Screen Walkthrough

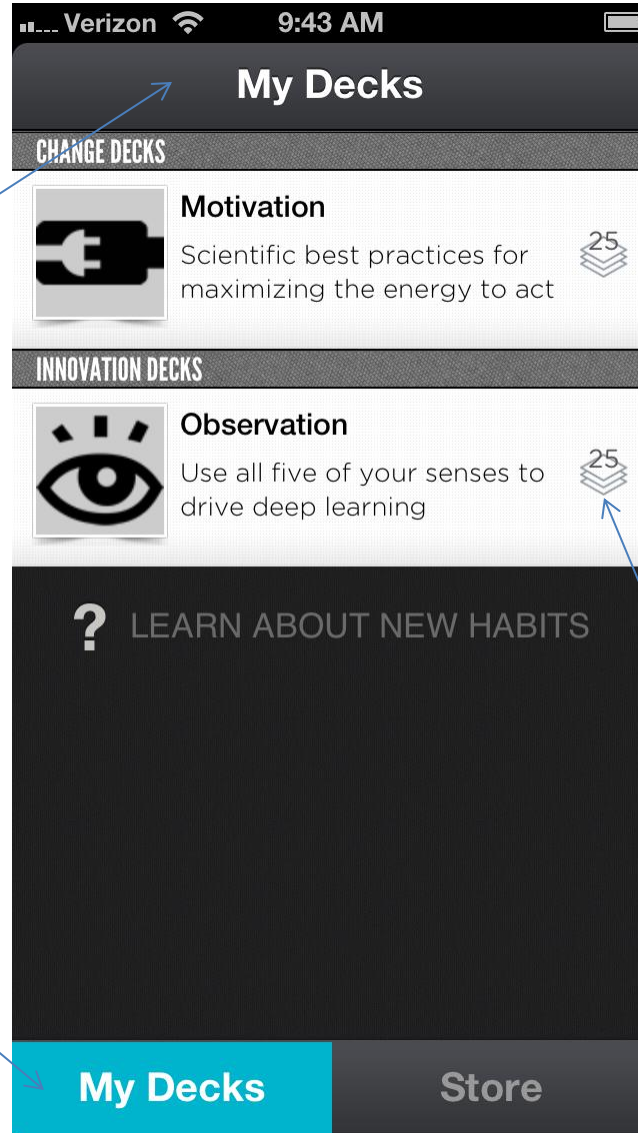
Version 1.0

March 31, 2013

# Down Load the NewHabits App

<https://itunes.apple.com/us/app/new-habits/id604403553?mt=8>

Or search on “Newhabits” in iTunes or the App Store



The App opens in MyDecks to display the decks you own.

On download you get two free decks.

One deck, from the mastering change series, is focused on boosting motivation. The other deck is part of the innovation series and is focused on improving your observation skills.

The icon to the right of the deck indicates that each deck has 25 cards.

[Back](#)

## Learn About New Habits

NewHabits are decks of flash cards for behavior change and mastering new skills. Each card in a deck explains what to THINK and DO to reach your goal. Select a free deck or one from the Store and:

1. Start by picking a card that interests you
2. Play a card every day or every few days
3. Play it repeatedly or pick a new one
4. Play cards you like until they are a habit
5. Expect improvements every few days
6. Jot down ideas for new cards or decks
7. Share your cards

NewHabits distill proven practices into a mobile solution that makes learning from experience easier. Thousands of applications are possible. Check out the Coming Soon titles in the Store or Amazon's advice and how-to section for even more ideas.

### Become an Author

We are searching for first time or experienced authors interested in publishing decks in the NewHabit Store. We offer training and royalties. Send an email to [mark.k.clare@gmail.com](mailto:mark.k.clare@gmail.com) to pitch a deck idea.

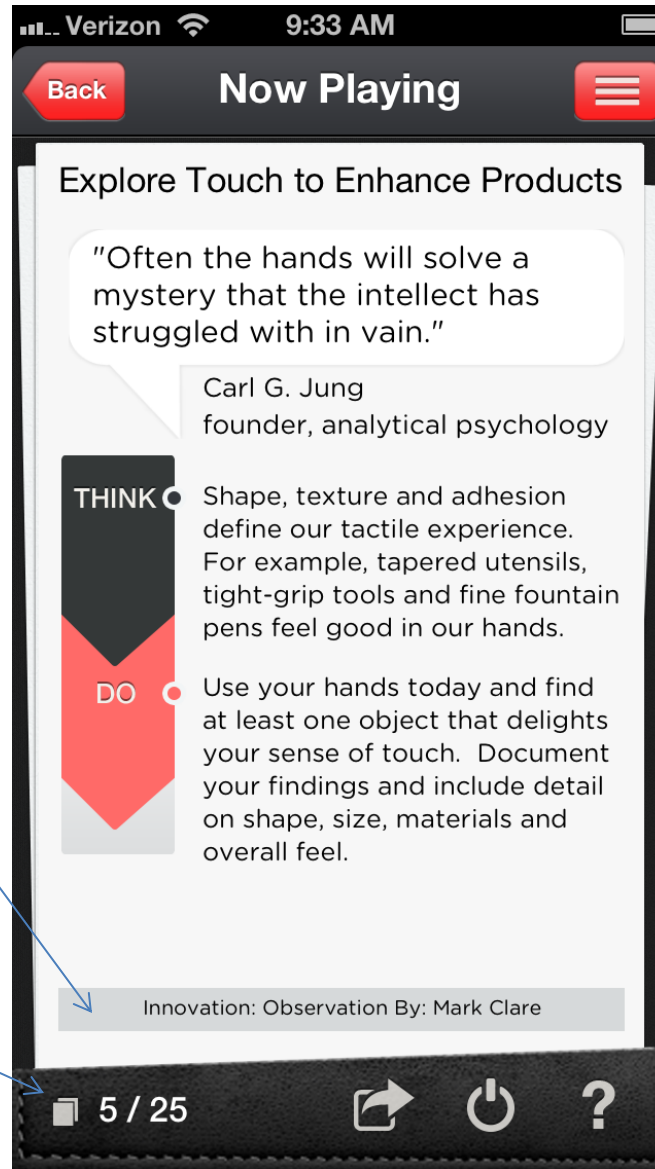
# Open a Deck

When you select a deck from MyDecks you will see a card.

You can flip through the deck by swiping up on each card. You can also tap the title at the top or information bar at the bottom.

The information bar at the bottom of the card displays the deck series, deck name and author.

The counter at the bottom left indicates the card number and the total.

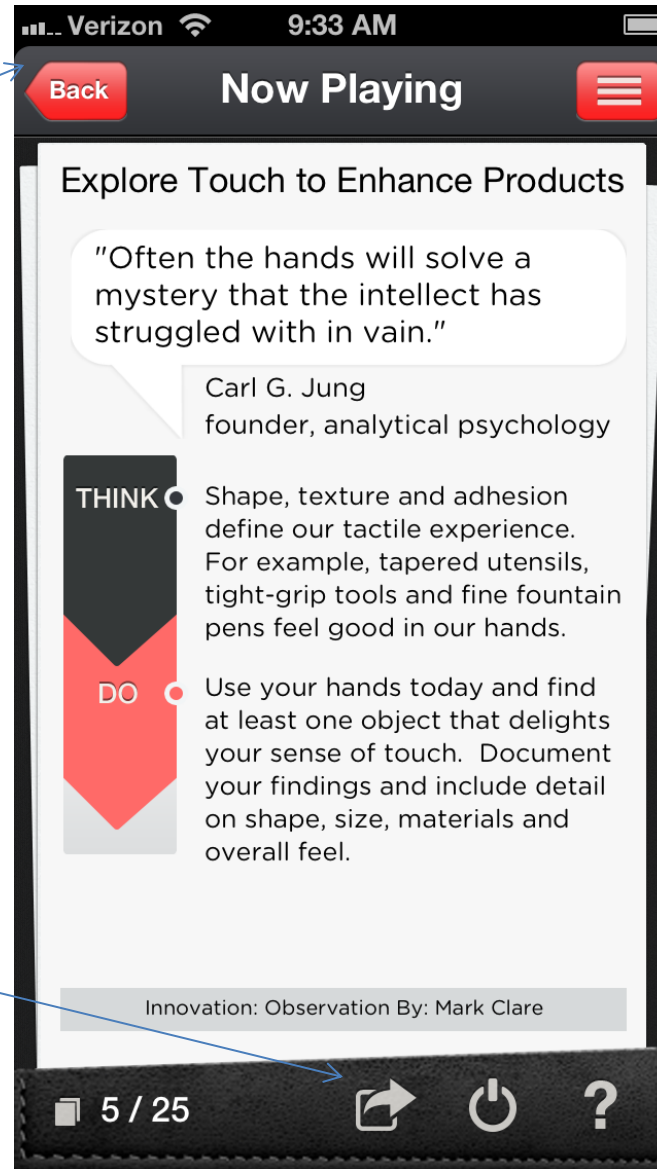


## Location

This is the 5<sup>th</sup> card (of 25) in the observation deck (in the innovation series) authored by Mark Clare.

You always know where you are.

# Card Icons

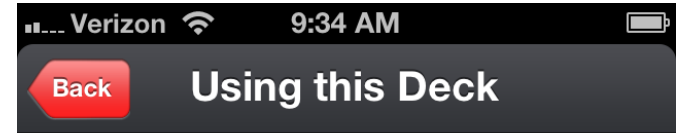
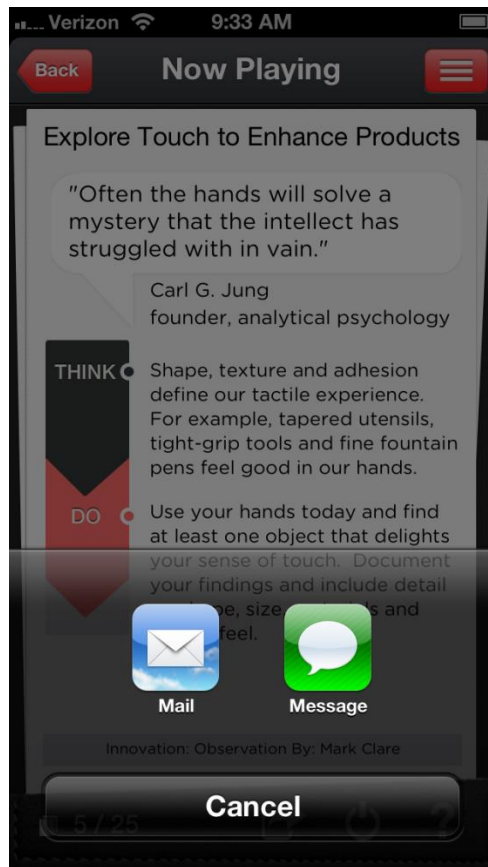


Touch the Back icon to return to MyDecks.

Touch the organize icon and you see a table of contents.

Feel free to share cards via email, text, Facebook and Twitter.

Reading from left to right these 3 icons allow you to share a card, delete a card and get more information about how to use it.



### Use Guidelines

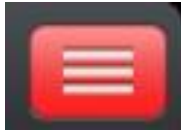
You can play NewHabit cards by yourself, with a friend or in groups. Try them at work, home or when you are out. Decks standalone or can be combined with other training and coaching materials.

1. Start by picking a card that interests you
2. Play a card every day or every few days
3. Play it repeatedly or pick a new one
4. Play cards you like until they are a habit
5. Expect improvements every few days
6. Jot down ideas for new cards or decks
7. Share your cards

### Introduction to Innovation Decks

Innovation cards are a new way to develop the habits of successful innovators. They can be used by individuals looking to improve their own abilities or by leaders, educators, consultants and others that seek to improve team innovation or establish a culture of creativity.

You play a card daily to experiment with and eventually master a proven innovation practice. Cards are designed to fit into your



# Organize Cards

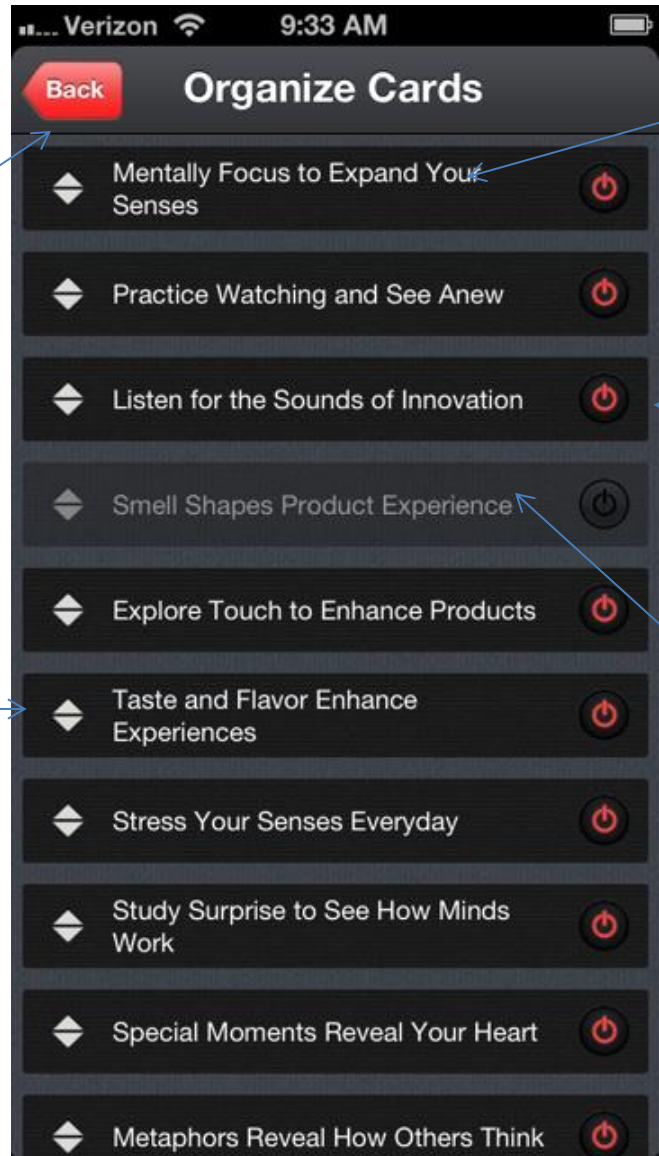
Touch the title of a card to display it. To get back to the table of contents press the organize icon again.

Touch the Back icon to return to MyDecks

Delete a card by touching the red power icon.

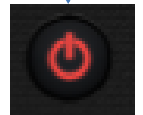
You can reorder the cards by pressing, holding and dragging a card using the double triangle icon.

A card that is greyed out has been deleted. You can restore it by touching the red power icon.



# Deleting and Restoring Cards

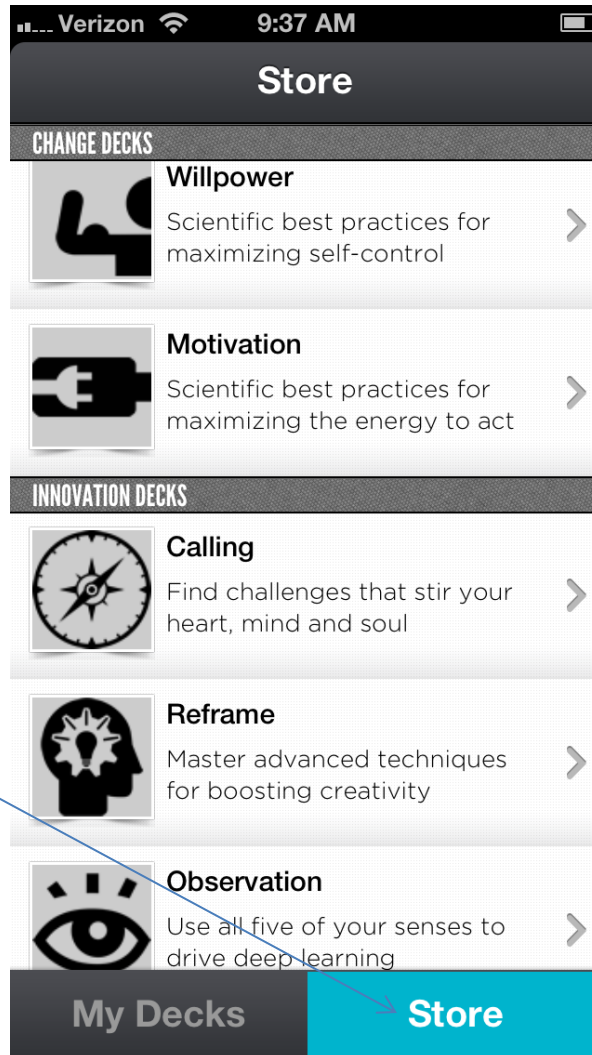
- Once you have mastered a card or don't want to play it you can delete it
- This shrinks your deck and makes it easier to manage
- The counter icon in the lower left is decremented when a card is deleted so it is a good way to track your progress
- You can always restore a card by going to the organize cards screen and touching the red power icon.





# Deck Store

To get additional decks touch the store tab at the bottom of the screen.



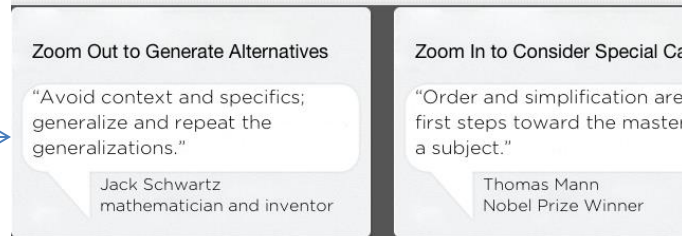
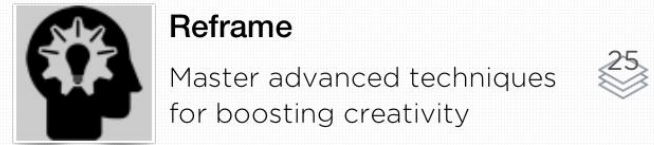
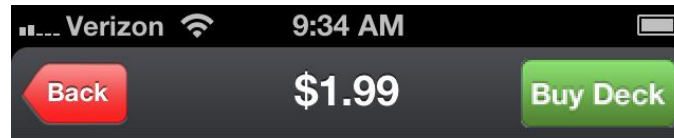
There are 2 decks on change, 5 on innovation and 6 coming soon in the store.

Hundreds and even thousands more are possible.

We are actively seeking new and established authors interested in publishing decks.

Contact Mark Clare at [mark.k.clare@gmail.com](mailto:mark.k.clare@gmail.com) for more information or to pitch a deck idea.

# Deck for Sale



## About the Author

Mark Clare, inventor of the NewHabits approach, has over 20 years of experience with leading Fortune 200 companies, Health Systems and a Silicon Valley start-up that include 3M and Allstate. Mark teaches innovation and behavior change techniques in the leaders program at Northwestern University and writes about them in the Cognitive Design blog. He holds patents, a Lean Sigma black belt and Master's Degrees in both physics and philosophy.

## Introduction to Innovation Decks

Innovation cards are a new way to develop the

Touch any deck title in the store and a description appears.

Three sample cards are provided for each deck in the store.

Tap on the card icon to see the full card.

Once you buy the deck it is immediately downloaded and appears on your phone under MyDecks.

The deck description includes a short bio on the author, an overview of the skills covered in the deck, a list of all the card titles and the references that describe the research that backs each card.

# Coming Soon Decks

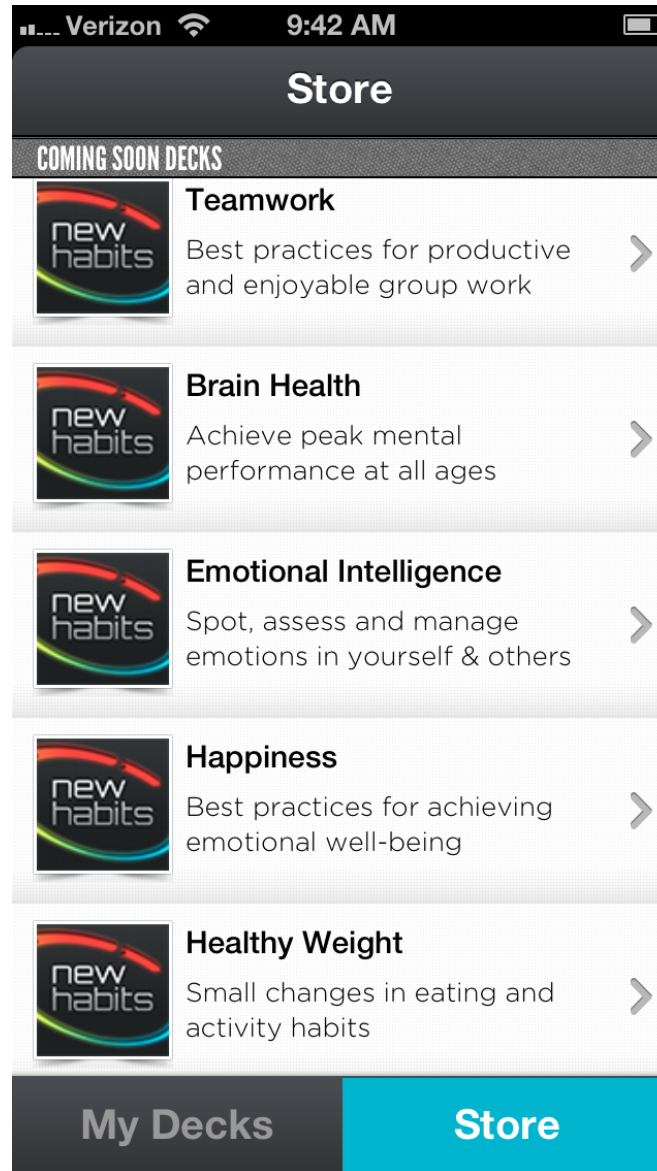
The store includes a list of upcoming titles.

Authors have been signed to create these decks and you will regularly see new ones published.

We are actively seeking new and established authors interested in publishing decks.

We provide royalties and free training.

Contact Mark Clare at [mark.k.clare@gmail.com](mailto:mark.k.clare@gmail.com) for more information or to pitch a deck idea.



NewHabit decks are designed to meet life and work challenges that involve behavior change and developing new soft skills.

For new deck ideas browse the self-help, management & leadership and organizational behavior book departments on Amazon.

End of Walkthrough