



# RISEN

*Help every creation rise, and every journey endure.*

THE COMPLETE GUIDE · FROM FIRST DOWNLOAD TO EVERY CORNER OF THE  
APP

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## THE IDEA

# What RISEN Is

RISEN began as a simple wish: a better way to track the slow, quiet things — a sourdough starter, a kombucha batch, a plant on a windowsill. It grew into something broader: a place to begin something meaningful, return to it over time, document what happened, and eventually look back at the story of what you helped rise.

A Rise on RISEN isn't limited to any one kind of project. People use it for fermentation and gardens, for pets and aquariums, for family goals and health journeys, for creative work, businesses, research, traditions, and habits — anything that grows or develops with attention over time.

The brand leans warm and natural on purpose: sprout, soil, sunrise. Green, brown, cream, gold. Simple and nurturing rather than flashy — because the app is meant to feel like a companion to something you're patiently growing, not another feed competing for your attention.



Rise



Risen

Every beginning becomes part of the story.

Build something worth returning to.

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## VOCABULARY

# The Language of RISEN

RISEN uses its own words on purpose — they're part of how the app makes an ordinary journal feel like something being tended.

**Riser** A user of RISEN. Anyone who signs up becomes a Riser.

**Rise** A journey — a project, habit, plant, business, health goal, or anything else being tracked over time.

**Begin a Rise** Creating a new journey.

**Continue Rising** Returning to an existing journey to add to it.

 **Rise** /  **Risen** The public support action on someone else's Rise — a lightweight way to encourage a journey you don't own.

**1 Riser / 2 Risers** How support is counted and displayed on a public Rise.

A Rise can represent a plant, fermentation project, pet, aquarium, family goal, personal habit, health journey, creative project, piece of music or writing, business, learning path, research effort, tradition, or any other journey worth returning to.

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## Getting Started

RISEN is available as **RISEN: Journey** on the App Store, with an Android version in progress. Here's the full path from download to your first login.

- 1 Download the app.** Search "RISEN: Journey" on the App Store, or use the direct link your Riser was given.
- 2 Create an account.** From the welcome screen, choose *Create an account* and sign up with an email address and password.
- 3 Confirm your email.** RISEN sends a confirmation email before you can fully sign in — check your inbox and follow the link.
- 4 Log in.** Return to the app and sign in with the same email and password.
- 5 Forgot your password?** The login screen has a dedicated link for this. RISEN emails a reset link; the website has a short reset-password page that guides you back into the app to finish.

Every account can also be permanently deleted from within the app (Settings → Account Removal) — required by Apple for any app that allows account creation, and available to every Riser at any time, no questions asked.

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## Beginning Your First Rise

After logging in for the first time, RISEN walks a new Riser through starting their first journey before dropping them into the full app.

- 1 Welcome.** A short introduction to the idea of RISEN.
- 2 Journey Type.** Choose the category that best fits — garden, culture, business, tradition, dream, or something else worth nurturing.
- 3 Introduce your Rise.** Name it, and describe what inspired you to begin — the placeholder questions are deliberately about the *beginning*, not the whole plan, since a Rise only needs a first step to start.
- 4 Opening photo.** An optional first image to mark the start.
- 5 Finish onboarding.** The Rise is created, and the Riser lands on their new Home dashboard.

Every subsequent Rise is created the same way, reachable any time from Home via **Begin a New Rise** — the onboarding sequence above is really just the first Rise's creation flow, shown once as an introduction.

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## THE FRONT DOOR



# Home Dashboard

Home is the first thing a Riser sees on opening the app, and it's meant to orient rather than overwhelm — a quick sense of where things stand, then a way in everywhere else.



### Time-based greeting

Good Morning / Afternoon / Evening, matching the Riser's own device clock and timezone.



### Nurture streak

Consecutive days with activity across any Rise.



### Journey snapshot

Active and completed Rise counts, plus totals for memories, moments, and milestones.



### Today's Rise

A highlighted current-focus card with a one-tap Continue.



### Your Grove

A summary of how many Rises are growing versus completed.



### Today's Journey

The most recent activity across all of a Riser's Rises.

From Home, every major area is one tap away: **Begin a New Rise**, **My Rise Cards**, **My Grove**, **My Legacy**, **Discover Rises**, **My Profile**, **Search RISEN**, and **Daily Reflection**.

## YOUR JOURNEYS, AT A GLANCE

### My Rise Cards

Every Rise a Riser owns lives here, split into **Active** and **Completed**. Each card shows the Rise's name, category, and cover image, and opens straight into its full Journey page.

This is a private, owner-only view — a Riser only ever sees their own Rises here, regardless of what's shared publicly elsewhere in the app.

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## A Rise: The Journey Page

Opening any Rise leads to its Journey page — the working space for that journey, and the place everything else (Story, Grove standing, public view) is built from.

### What's on it

- Rise name, creation type, start date, visibility, and description
- A **current stage** card, reflecting how the journey is progressing
- **Memory Gallery** — photos and videos preserved along the way
- **Rise Story** — the narrative view, described below
- **Journey Timeline** — moments, memories, and milestones in order
- **Edit Rise** and **Complete Rise** controls

### Three ways to add to a Rise



#### Capture a Moment

A quick dated entry — title, notes, and an emoji, for the small things worth noting without a photo.



#### Preserve a Memory

Photos or a short video, with a caption. See "Preserving Memories" for the full details.



#### Record a Milestone

A dated marker for something significant — a date, time, title, and notes.

Every entry can be edited or deleted afterward, and any photo or video opens full-screen with a tap.

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## PHOTOS & VIDEO



### Preserving Memories

The memory uploader supports both photos and a short video in one place, with limits chosen to keep uploads fast and reliable on mobile connections.



#### Up to 3 photos at once

Combined size capped at 5 MB, with a live running total and a clear warning if it's exceeded — remove one or choose smaller photos to continue.



#### One video at a time

Capped at 20 MB, with a live preview before uploading so a Riser can confirm it's the right clip.



#### Upload status

A clear in-progress indicator while a memory saves, so it's obvious the app hasn't frozen on a larger file.

Every memory can carry a caption, and captions can be edited afterward without re-uploading the file itself.

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## THE NARRATIVE VIEW



### Rise Story

Where the Journey page is a working space, Rise Story reads more like a chapter — pulling the same moments, memories, and milestones into a single narrative of how the journey unfolded, start to now.

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## GROUPED BY KIND



### My Grove

The Grove groups every Rise by category, and shows how each one is coming along.

For each category it shows total Rises, memories, moments, and milestones, plus a growth stage:

Beginning

Growing

Thriving

Completed

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## WHAT'S BEEN FINISHED



### My Legacy

Legacy is where completed Rises live on — their final milestones, memories, and moments preserved as a record rather than an active journey. Future plans for this space include PDF export, a public Legacy view, and periodic reflections (monthly, yearly, a "RISEN Wrapped").

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## THE PUBLIC SIDE

### **Discover & Public Rises**

Discover is the only place Public Rises from other Risers appear — a feed to browse, filter by category, and search.

#### **On a public Rise, a visitor can see**

- Cover image, Rise name, category, and creation type
- Why it matters and how it began
- The Riser behind it, and their public profile
- Support count, memories, moments, and milestones
- Public comments

#### **Supporting a Rise**

Any Riser can tap  **Rise** to support someone else's journey — the count is shown as **1 Riser** or **2 Risers** beneath the Rise.

#### **Commenting**

Public comments let Risers encourage each other directly on a journey. A Riser can delete their own comments at any time.

##### **CURRENTLY**

Commenting on *other* Risers' Public Rises is temporarily paused while a backend fix finishes rolling out — see [Where Things Stand](#).

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## FIND ANYTHING

### **Search RISEN**

Search reaches across Rise names, categories, creation types, purpose and description text, memory captions, and moment and milestone titles and notes — with grouped results and a direct link back into the matching Rise.

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## A RISER'S OWN PAGE

### **My Profile**

A Riser's profile is a quiet reflection of what they're nurturing — avatar, name, handle, and biography, alongside their own activity: profile completion, a 30-day activity heatmap, and overall stats across every Rise.

Edit Profile lets a Riser update all of the above at any time.

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## ACCOUNT & PREFERENCES



# Settings

Everything about how the app looks and how the account behaves lives here, grouped by what it affects.

## Appearance

Light, Dark, or Follow System — RISEN redraws every screen to match, whichever a Riser chooses, independent of the device's own OS-level setting.



## Nurture Reminders

An opt-in feature: once or twice a day, RISEN gently reminds a Riser if they haven't nurtured any Rise yet that day. It's a real on-device notification, requiring the device's own permission the first time it's turned on, and it automatically stops reminding for the day the moment a Riser adds a moment, memory, or milestone anywhere.

## Security & Session

Change password, and log out of the current device.

## Account Removal

Permanently deletes the account and everything tied to it. This cannot be undone, and it's the same mechanism Apple requires for any app that allows account creation.

## Support & Information

Privacy Policy, Terms & Conditions, Account Deletion Information, a direct support email, a Help & FAQ page, About RISEN, and version information.

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## WHO CAN SEE WHAT

### Privacy & Visibility

Every Rise carries one of three visibility levels, set when it's created and changeable afterward from Edit Rise.

| Level                                                                                      | Who can see it                                                      |
|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
|  Private  | Only the Riser who owns it.                                         |
|  Unlisted | Anyone with a direct link, but it won't appear in Discover.         |
|  Public   | Visible to everyone in Discover, with comments and support enabled. |

A Riser's own **My Rise Cards** always shows every one of their own Rises regardless of visibility level — the levels only govern what *other* Risers can see.

## HONESTY, NOT MARKETING

### Where Things Stand

RISEN is live on the App Store, with real Risers already using it. A few things are actively being finished:

- **Commenting on other Risers' Public Rises** is temporarily disabled at the database level while a fix for a data-visibility bug finishes rolling out safely — commenting on your own Public Rise, and everything else in the app, works normally.
- **Android** is built and functional, pending Google Play developer account verification before it can be published.
- **Legacy exports** (PDF, yearly reflections) are planned but not yet built.

Everything else described in this guide — onboarding, Rises, memories, Grove, Discover, Search, Profile, Settings, and Nurture Reminders — is live and working today.