

## Getting Started - Journal

This section is like keeping a daily journal. Record and show important or everyday events that have already happened. You can add information about what you did that day, how you felt and what the weather was like etc. Your journal can be seen by other MyLiferaft users you are sharing with as long as you have given them permission to see your journal (social permission).

You can upload photos here too.

You can only add one photo per entry so if you want to add more than one photo just a new journal entry as there are no limits to the number of entries per day.

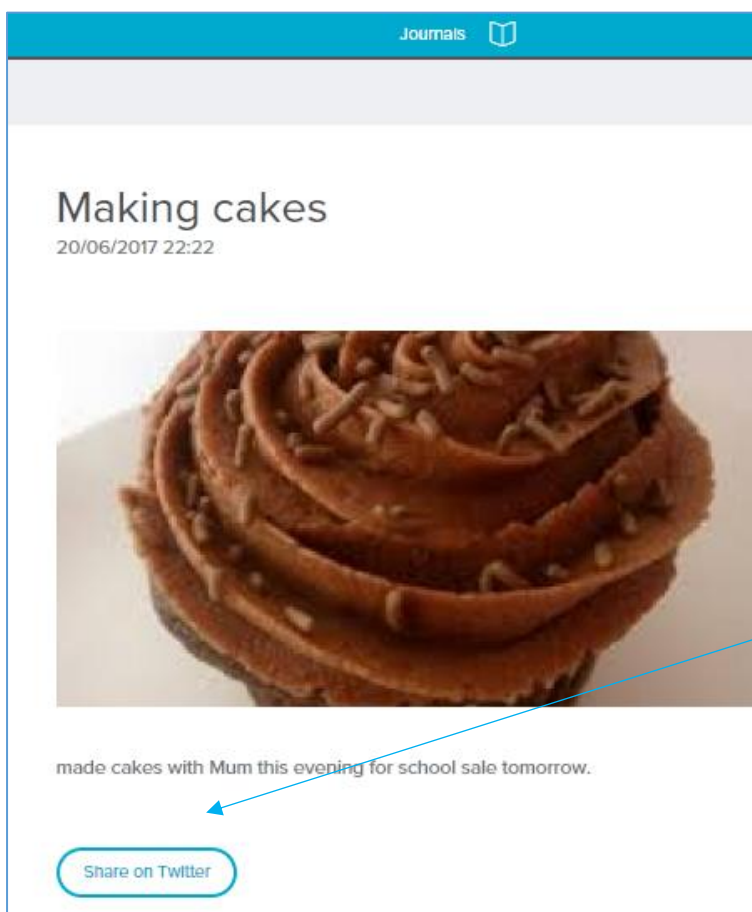
## Sharing on Social Media

You can share your journal on your twitter accounts if you have set up the link. Click on **social settings** and this will take you to the social setting tab of your account where you can set up the links to Twitter.

Link your Facebook and Twitter to share journal entries. Go to Social Connections

## To Share a Journal Entry on Twitter

Click on the saved entry you want to share and click on "Share on Twitter".



User has already set up a connection to Twitter. Click here to share the entry.

You should be logged into the account you want to share to before sharing.

External apps occasionally change their functionality so if you experience problems please get in touch.