

How to Use the Be Happier App (iPhone)

What This App Does

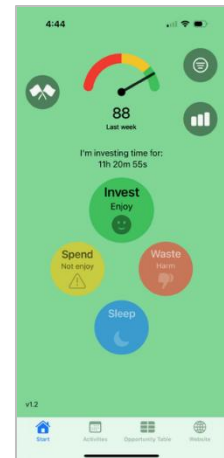
The Be Happier app helps you measure how you use your time so you can increase the number of seconds you enjoy without causing harm.

You are not tracking feelings. You are tracking how you use your time.

Every second of your waking life falls into one of three categories:

- **Invest** → You enjoy it, and it causes no harm
- **Spend** → You do not enjoy it, but it would cause harm if you didn't do it
- **Waste** → It causes harm

Sleep is tracked separately.



The app does all calculations automatically. Your only job is to tap when activities change.

Step 1: Understand the One Rule

Tap when an activity starts or when you switch to a different category.

That's it.

- Do **not** tap when an activity ends
- Do **not** try to track duration
- Do **not** calculate anything

The app tracks time between taps and builds your data automatically

Step 2: The Four Buttons

On the Home Screen, you will see four buttons:

- ■ **Invest**
- ■ **Spend**
- ■ **Waste**
- ■ **Sleep**

Each time your activity changes, tap the appropriate button.

Important:

This app is a self-observation tool. Do not make major or irreversible life changes based solely on this app. If tracking your time or reflecting on your activities feels unsafe, overwhelming, or inappropriate for your situation, do not use the app. Seek appropriate professional guidance where needed.

Step 3: When to Tap

You tap in only two situations:

1. When a new activity begins

Example: You start exercising → tap **Invest**



2. When you switch categories

Example: You go from exercising to paying bills → tap **Spend**

Important Clarification

- If you switch activities **within the same category**, you do NOT need to tap (Example: reading → listening to music, both Invest)
- Only tap when the **category changes**



Step 4: Don't Aim for Perfection

At the beginning:

- Rough tracking is enough
- Consistency matters more than precision
- You will refine later

This is a measurement system, not a performance test.

Step 5: Naming Activities (Editing)

The app records time automatically, but some activities need to be named.

What must be named:

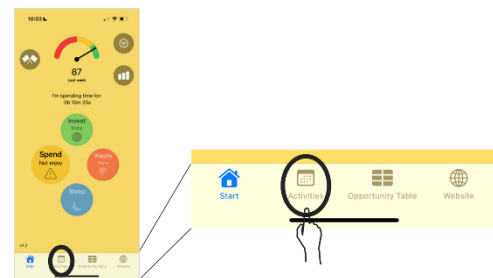
- **Spend activities**
- **Waste activities**

When to name them:

- Immediately (if convenient), OR
- Later (when you review your day)

How to Edit an Activity

1. Open the **Activities Table**
2. Select the activity
3. Open **Event Details**
4. Enter a name (example: "Paying bills" or "Scrolling social media")
5. Save



This process takes seconds.

When to Edit Immediately

Edit right away when:

- You switch into **Spend**
- You switch into **Waste**
- The activity is easy to name
- You already have your phone in hand



When to Edit Later

Edit later when:

- You are busy
- The activity is emotional or unclear
- You want to review your day calmly

Both approaches are valid.

Step 6: Using the Sleep Button

- Tap **Sleep** when you go to bed
- Do not worry about the exact moment you fall asleep
- Precision is optional

You can edit sleep later if you choose.

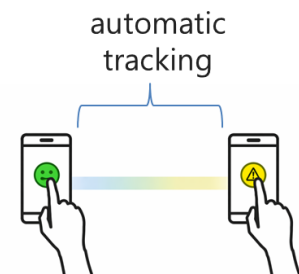
Step 7: What Happens Automatically

You do not need to:

- Track time
- Calculate durations
- Build reports
- Analyze patterns

The app automatically:

- Records every activity
- Calculates durations
- Organizes your Activities Table
- Builds your data in the background



Step 8: Your First Week

For the first 7 days:

Do NOT try to improve anything.

Your only job is:

- Tap when activities change
- Name Spend and Waste activities
- Stay consistent

This creates accurate baseline data.

Step 9: The Opportunity Table

After consistent use, the app builds your **Opportunity Table**.

This is where the system becomes powerful.

What the Opportunity Table Shows

- Where you are **Spending time**
- Where you are **Wasting time**
- Where small changes can increase your happiness the most

It highlights:

- High-impact opportunities
- Areas where change is realistic

No analysis is required from you

How to Use It

When reviewing your Opportunity Table:

- Identify one or more small changes
- Focus on high-impact areas

Examples:

- Reduce a recurring Waste activity
- Convert a Spend activity into Invest
- Eliminate low-value habits

Opportunity Rank	SPEND or WASTE	Activity Name	hours minutes Last Month
1	SPEND	Work (job not enjoyed)	160 h 21 min
2	SPEND	Commute to Work	30 h 06 min
3	WASTE	Social Media Excess	28 h 35 min
4	WASTE	TV / Streaming Excess	24 h 19 min
5	SPEND	Household Chores (Cleaning Laundry)	22 h 49 min
6	SPEND	Shopping & Errands	18 h 25 min
7	WASTE	Alcohol Excess	12 h 16 min
8	WASTE	Gaming Excess	10 h 13 min
9	SPEND	Paying Bills / Admin	10 h 11 min
10	SPEND	Yard Work / Maintenance	8 h 32 min

Step 10: What Not to Do

- Do not try to optimize everything at once
- Do not make major life changes immediately
- Do not chase precision

This system works through:

- Awareness
- Gradual change

Step 11: What Success Looks Like

You are using the app correctly if:

- You tap consistently
- You name Spend and Waste activities
- You review your data periodically

That's all. Everything else happens automatically.

Final Thought

You cannot get back one second of time.

This system helps you see where your time is going so you can gradually increase the number of seconds you enjoy without causing harm.

Use it consistently, and your life will become clear.

Safety and Responsibility

The Be Happier app and related materials are provided for educational and self-observation purposes only. They are designed to help you reflect on how you use your time and to support informed, personal decision-making.

This app does not provide psychological, medical, legal, financial, or other professional advice. It does not tell you what to do, and it is not a substitute for working with licensed or qualified professionals.

Do not use this app to justify major, irreversible, or high-risk life changes. Any changes you consider should be made thoughtfully, gradually, and in a way that is appropriate for your individual circumstances.

If you are experiencing emotional distress, mental health challenges, unsafe living conditions, or any situation where self-experimentation could create harm, do not rely on this app. Seek appropriate professional support.

You are fully responsible for how you use the app and for any decisions you make.

The App Measures. The Course Transforms.

You now know how to track your time.

The next step is learning how to use that data to make high-impact changes safely and effectively.

The Now Be Happier home study course walks you through that process step by step.

Start the full course here: www.NowBeHappier.com/courses