

User Guide for Flamebright Cruze

*“A discipleship guide to evaluate yourself,
grow and equip others to do the same.”*

How would you describe yourself? Your answer to that important question is . . . RIGHT! How we describe ourselves tends to be exactly the way we are. And the amazing thing is that the description comes first! What you say about yourself has a big influence on the person you are - and the person you are becoming.

We all have little sayings that get stuck in our heads that describe us. We want them to be based on God’s love and light instead of on other influences around us.

Cruze is a powerful tool for finally taking control of those little sayings.

By intentionally training our minds to view ourselves and each area of our lives from God’s perspective, we can enjoy a closer walk with him!

Based on an island theme, Cruze is an interactive journey on your PC, that will help take you from where you are, toward the person God wants you want to be.

Our thoughts become actions – our actions become habits – and our habits

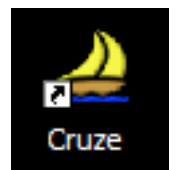
shape our lives. We want to be intentional and deliberate about what really matters, especially in those key areas that are most meaningful and important.

So, with that in mind – let’s go on a Cruze! But this is no ordinary “cruise” because each “island” that we visit on this Cruze represents an important area of your life.

We visit each of ***your islands of opportunity*** with the sole purpose of imagining what it would be like if it were the best it could possibly be!

Even though we know that true perfection will always be beyond our grasp, we also know that true success is simply walking, or running, with Christ in the right direction!

Following the installation, you will have a sailboat icon on your desktop with a yellow sail. Double-click on this icon to open the program. The first screen you will see is the “Welcome!” screen.





Welcome to the opening screen for **Flamebright Cruze**. Notice that you are invited to, Click on “Enter” to begin, or select a previously entered name or template(*)

Templates are marked with an asterisk and are simply Cruze “Packages” that have a suggested series of islands that are ready to use as is, or to customize as you wish.

Click on “Exit” to close and exit the program.

Click on “Help” to open a web page with help and resources.

Click on “Enter” to move to the next screen.

The image shows a "New Name" dialog box. The title bar says "New Name". The main text reads: "You have selected the 'Flamebright' template. Please enter your name below and press 'OK.'" Below this, an example is given: "Example: 'John'". There is a text input field labeled "Name:" which contains the text "John". At the bottom of the dialog box are two buttons: "OK" and "Cancel".

Once you click “Enter” with a template selected, such as “Flamebright*,” the “New Name” form opens and asks you to enter a new name to use instead of the name of the template.

After entering a new name, click on “OK” to move ahead or click “Cancel” to close the form.

The “Bon Voyage” screen provides a way to quickly click through and assign a rating to all of your descriptions (views) of all of your islands (areas of importance).



Click on “Back” and “Next” to cruise through the Islands and Views on your Cruze. Tip: Just 3 minutes a day can make a big difference!

After clicking the “Next” button once, you will begin seeing descriptions for each island. These 1-5 buttons allow you to rate each description according to how “True” it is for you, and then advances to the next one. Your cruze ends by displaying a chart based on your ratings.

Click on “Exit” to go back to the “Welcome” screen.



Click on “Edit and More” to customize your Cruze along with other functions from the “Edit and More” screen.



You have arrived at the “Edit and More” screen. Here is the place to customize and more!

Here are the “views” of your current island. These descriptions help you visualize your ideal. You can edit, delete or add more.

This is the Island of “Family,” possibly one of many islands on your Cruze.

Give each island description a rating of how close it is to being realized - or how true it is.

The up/down arrow buttons allow you to change the order of the description selected. Or click the “Del” button to delete the description.

Edit and More

John Island of Family

Review, Edit, and Rate Your Island Views		Rating	
	There is good communication throughout my extended family.	3	↑ ↓ Del Help
	My family cheers each other on.	3	
	My children respect their parents which also helps them build respect for others.	5 True	
	I am proactive in doing things that build trust in our family.	4 Frequently	
	I enjoy being a part of my family.	3 Sometimes	

Edit Name	Edit Islands	View Chart	Edit Actions	Previous Island	Next Island	Journal/ Archives	Print Reports	Exit
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1) Click on “Edit Name” to change your Cruze name - more on page 5.

3) Click on “View Chart” to see a graph of how you are doing on all of your islands. More on page 7.

5) Click on the left and right arrow buttons to go to the Next or Previous islands on your Cruze.

7) Click on “Print” to select a report and print - more on page 10.

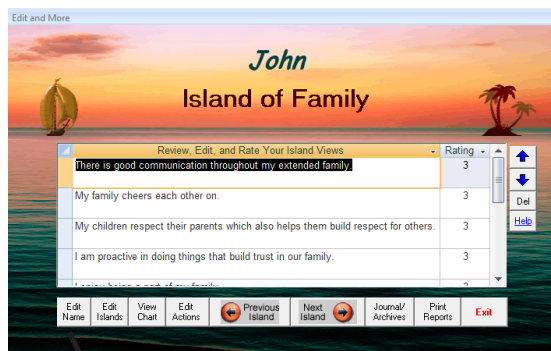
2) Click on “Edit Islands” to change the island sequence or add or delete islands - more on page 6.

4) Click on “Edit Actions” to schedule actions you plan to take. More on page 8.

6) Click on “Journal/ Archives” to write in your journal and/or save an archive snapshot of your Cruze. More on page 9.

8) Click on “Exit” to close this screen and go back to the “Bon Voyage” screen. All of your changes are saved automatically.





The “Edit Name” form allows you to change the name, delete, or copy your current Cruze and corresponding islands.

Click on “Copy” after entering a new name. Maybe you want to use a collection of islands from one cruze as the starting point for another cruze.

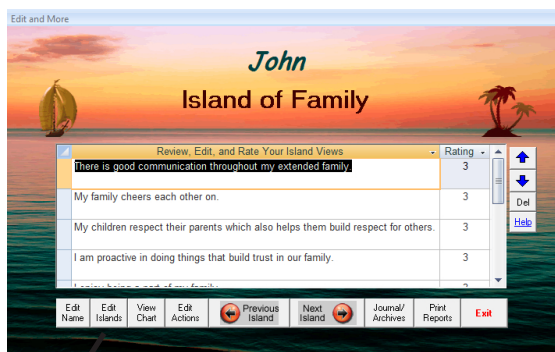
Click on “Rename” after entering a new name. All of the islands and views associated with the old name will now be associated with the new name.

Click on “Delete” to remove the name and all associated islands and views.

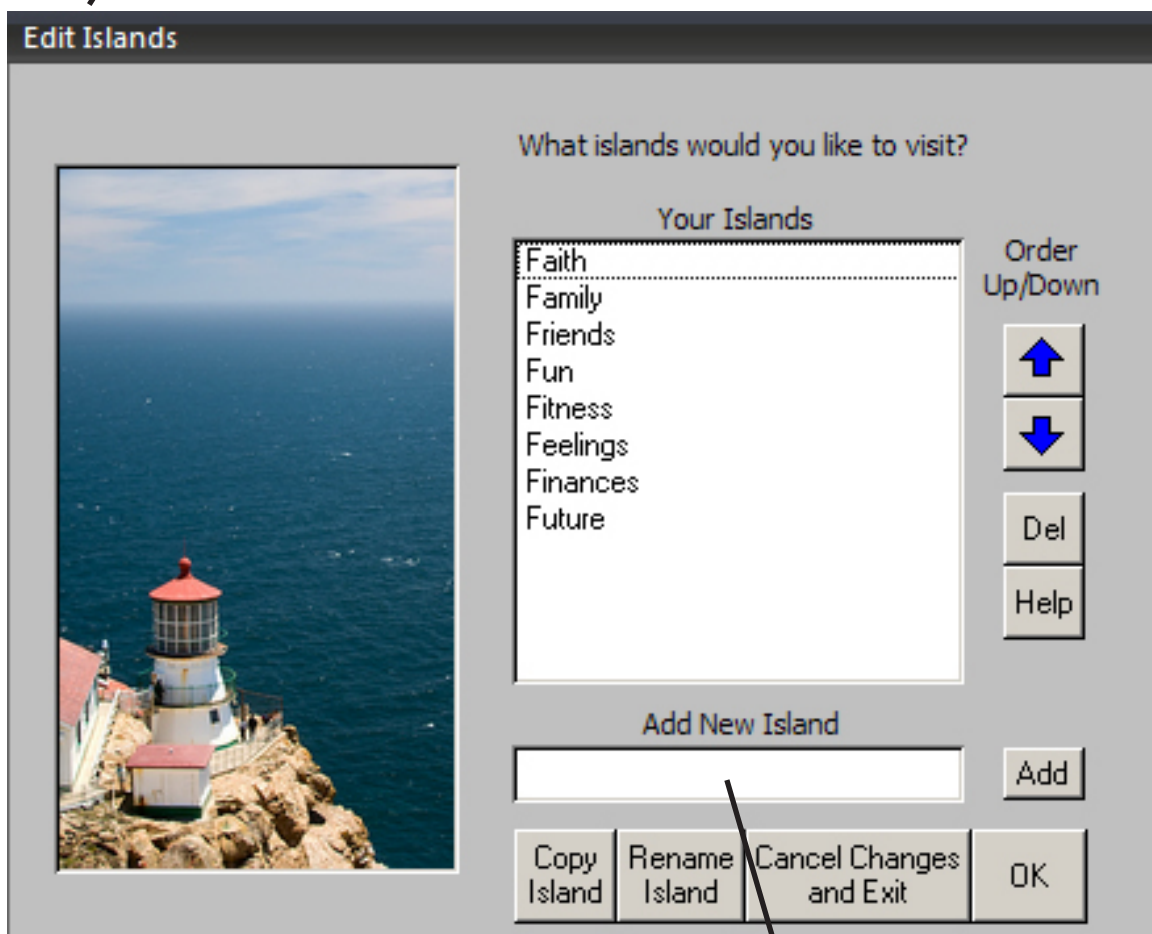
Click on “Cancel” to close this form and go back to the “Edit and More” screen.

Enter the new name in the “New Name” field. Maybe you have a more appropriate name such as the name of a person you are discipling, or a particular project, or an island you would like to break down into many islands for review.





The “Edit Islands” screen is for working with your current island collection, or package. Displayed here is the list of islands on your cruze. You can delete, copy, and change the order of the islands by selecting an island and clicking the bump up and bump down arrows.



Click on “Copy Island” and you will be prompted to enter the name of the copy. Any associated descriptions will be included with the copy. Note: There is a maximum of 12 islands for each Cruze.

Click on “Rename Island” and you will be prompted to enter the new name and any views associated will not be affected.

Add a new island by typing a custom island name here. Then click on the “Add” button or tap the “Enter” key to add the island to your list. Note: There is a maximum of 12 islands for each Cruze.

Click on “Cancel Changes and Exit” to close the form without saving your changes.

Click on “OK” to save your changes and go back to the main “Edit and More” screen.



Edit and More

John Island of Family

Review, Edit, and Rate Your Island Views

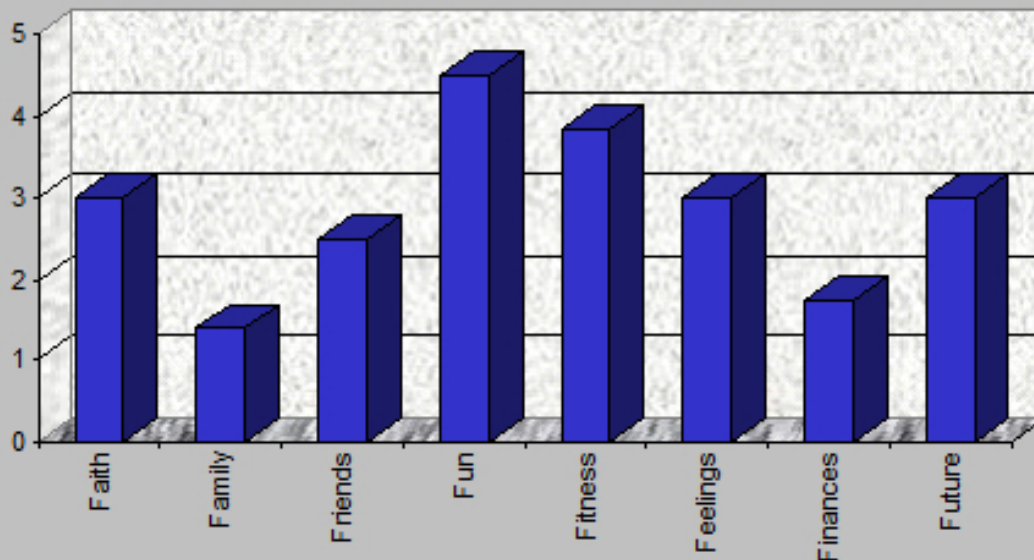
	Rating
There is good communication throughout my extended family.	3
My family cheers each other on.	3
My children respect their parents which also helps them build respect for others.	3
I am proactive in doing things that build trust in our family.	3

[Edit Name](#)
[Edit Islands](#)
[View Chart](#)
[Edit Actions](#)
[Previous Island](#)
[Next Island](#)
[Journal/ Archives](#)
[Print Reports](#)
[Exit](#)

Click the “View Chart” button to display a graph of your islands. Each of your islands are represented by a column on the chart. You can see at a glance where your strengths are - as well as your opportunities for improvement! (Note: Any islands without descriptions will not appear on your chart.)

Island Chart

Island Chart for John



Close






Click the “Edit Actions” button to schedule actions that will make the greatest positive difference for you.




You can also enter a frequency for the action as well as specific “Start” and “End” dates.



Edit Actions

What could you do, that you are not currently doing, that would make the greatest positive difference for John?



Action	Freq	Start	End
Run two miles	EODay	3/12/2012	3/12/2013
Post blog	Weekly	3/12/2012	3/12/2013
* Type action here	Daily	3/12/2012	3/12/2013

Click on the Up or Down arrow buttons to change the sequence of actions in your list. Simply select an action and then click the “Bump Up” or “Bump Down” arrows.

Use the “Del” button to delete an action. Simply select a particular action and click on “Del”.

Click on “Print” to print a schedule of actions you plan to take. You will be asked for beginning and end dates for your printed schedule.

Click on “Done” to close the “Edit Actions” screen and return to the “Edit and More” screen. All of your actions are saved automatically.





On the “Journal and Archives” screen you can archive journal entries along with a snap shot of your cruze current cruze islands and ratings. Each time you click the “Archive >” button, a snap shot of your journal entry along with your currently associated islands and views will be saved for future review. Archives are stored chronologically by date and time.

Journal and Archives

Your journal entry along with your current cruze information will be saved when you click "Archive" below.

Current Cruze Date/Time
3/11/2012 3:24:49 PM

Journal Entry:

Doing a little better. Already lost 5 pounds!

Archived Cruze List


3/11/2012 3:24:27 PM
 3/11/2012 3:23:50 PM

Archive >

Review

Delete

Close



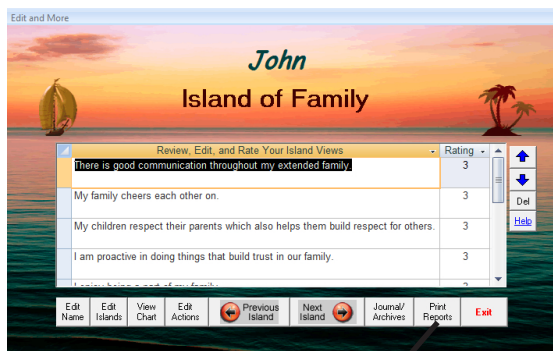
Make a journal entry and click “Archive >” to store for future review. You are not required to type anything in the “Journal Entry” field in order to archive the current status of your Cruze.

Select an archived Cruze from the list and click on “Review” to see a report that includes your journal entry, a chart, and all of your islands, views, and ratings. (Note: This is great for sending as a PDF to someone you are mentoring or discipling.)

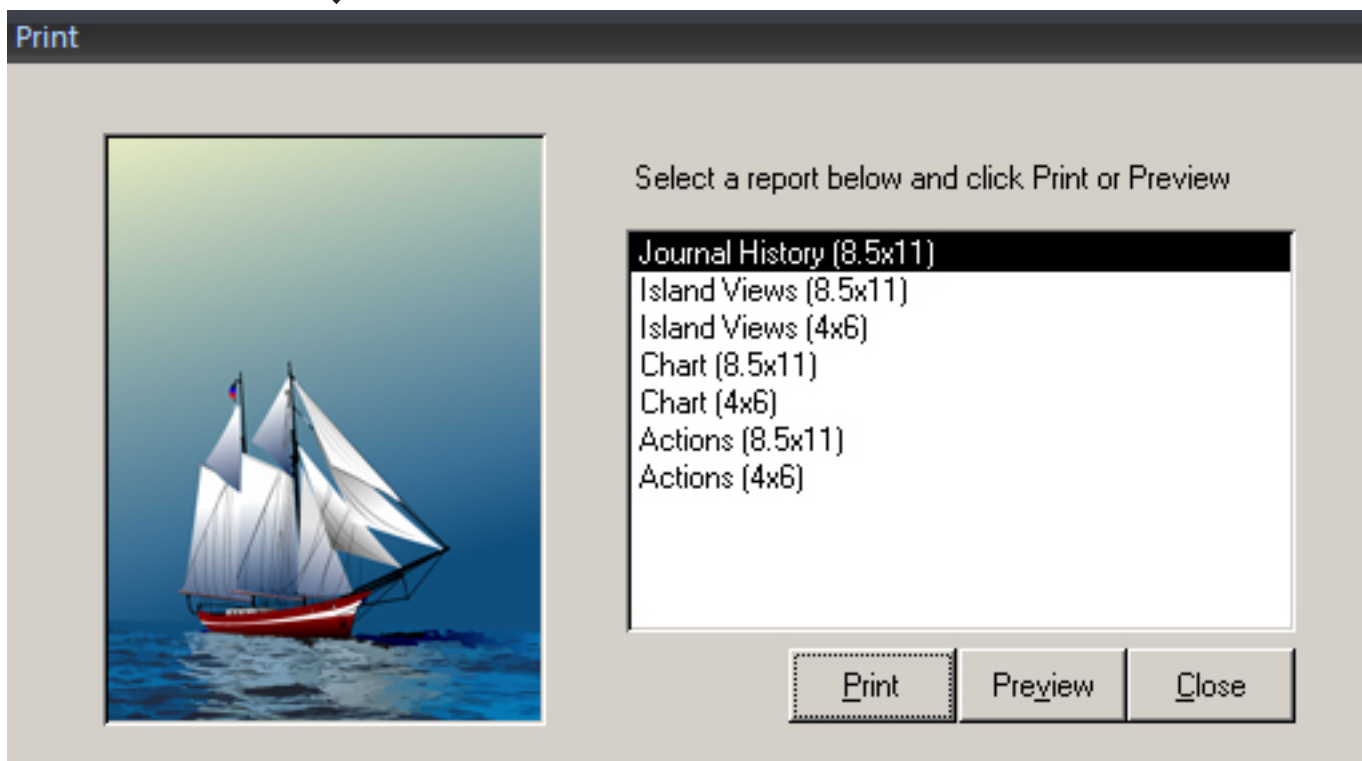
Select an archived Cruze from the list (sorted by date and time) and click “Delete” to permanently remove the archived Cruze including islands and views.

Click “Close” to exit this form and return to the main “Edit and More” form.





Click the, “Print Reports,” button for a list of reports that you can print or preview. They are all available in standard letter size format, and some are also available in 4”x6” index card size.



Select a report and click on “Print” to send the report to your printer.

Select a report and click on “Preview” to see the report before it is printed.

Click on “Close” to exit this screen and return to the main “Edit and More” screen.



After this brief tour I hope you can see that Cruze is very simple to use. But beyond the “where to click” and other technical functionality, I hope you can also see the power that can come from being deliberate and intentional about putting Christ first in each area of your life. By focusing on the islands of opportunity that God provides, and prayerfully deciding where you want to go in each one, you will find greater motivation and become more alert with greater purpose.

At first it might be difficult to take a look good look at yourself and identify the differences between where you are and where God is leading - it's much easier not to! But take heart, because the rewards will be worth the effort!

Just remember that as we walk with Christ, we build a stronger awareness of him as we learn and grow in each area of our lives. Through deliberately and intentionally evaluating where we are and where we want to go, all while thankfully trusting that God's ultimate control is best, we can enjoy greater meaning, purpose, and freedom.

I want to emphasize that it's not about achieving perfection or even actually reaching our goals. Our focus and measure of success is on moving forward and learning to trust Christ on this journey. What matters most is cultivating our relationship with him from day to day. Then the journey becomes more meaningful and enjoyable than finally, “getting there.” We can trust him for the outcomes.

Thank you for joining us on this Cruze. We are all in this together! You are my kind of person because you care so much about God, yourself and others that you are willing to be more intentional with your life and your decisions. I would love to hear from you. Please send me an e-mail and let me know how cruising with Christ is having an impact on your life.

Let's shine bright,



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