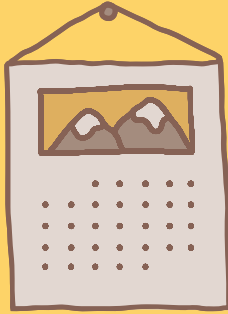


Technology for Self-Care

Digital tools can help you get back into a regular routine so that you stay focused and accomplish your business and personal goals.

I need to set boundaries around my schedule & protect my time.



Mindfulness is the key to self-love. Schedule time for self-care and set healthy boundaries using a scheduling system:

Calendly cost: Free- \$10 per user

MS Teams cost: Included with your O365 subscription

Doodle cost: Free - \$8 per user

I want to organize both my work and home projects in order to have more time to do the things I want to do!

Manage both work and home projects with tech tools so you can increase productivity, manage projects, and free up your valuable time & sanity!

Trello - it's inexpensive, easy to use, and powerful enough for most businesses & personal use, regardless of size. cost: Free- \$5/user

Monday - stay on track to reach your goals, faster. cost: Free-\$10/user



I want to learn more and expand my skillset.



MasterClass - MasterClass offers online classes created for students of all skill levels.

Khan Academy - Learn for free about math, art, computer programming, economics, physics, chemistry, biology, medicine, finance, history, and more.

Udemy - HUGE Variety of classes to make your brain bigger along with your paycheck. cost: Free - paid courses

Apps I can Use to Relax.
Meditate. Focus & Feel Better

Calm - Guided meditations

MyMoai - Build sustainable habits

Headspace - Guided meditations and stories

Alan Mind Daily Journal - CBT Guided Journaling for joy.

