

# BEST APPS TO MAKE LIFE BETTER

1

DOWN DOG:  
10-40 min yoga routines  
for all levels

2

MEDITATION MOVES:  
5-15 min for energy,  
focus, calm mind, etc.

3

SPOTIFY:  
free music & podcasts to  
energize, motivate, relax

4

THE SKIMM:  
simple & easy to read  
daily news

5

GOOGLE CALENDAR:  
schedule everything  
including reminders

6

YOUTUBE:  
get inspired or learn  
while doing "life"

7

PINTEREST:  
discover & organize  
life, home, work stuff

8

TONY ROBBINS  
BREAKTHROUGH:  
finances, career, health, life

9

ACORNS:  
saving & investing  
made easy

10

EVERY DOLLAR:  
monthly budget &  
spending tracker

