

Helpful Apps to Keep You on Track

Even with the most detailed plans, it can be hard to turn our intentions into actions. While facilitators can give reminders and support along the way, it's sometimes helpful to have some apps handy on your phone/tablet/computer that keep keep you going when it's time to put that plan into action. Here are some tried and true apps for staying on track:

Google Keep: Think sticky notes for your device! Great for taking quick notes that sync across your devices. You can also pin important reminders or lists to the top of the screen and set reminders (one-time or recurring) for those things you *really* need motivated to get done. You can also add photos to any note and color-code them. Android and iOS. *Free*

Unstuck: Made for iPad or to use on a computer, Unstuck helps when you're in a specific situation where you feel like you aren't making progress. This can be helpful when you hit a pothole, need an outside perspective, or just feel like you aren't moving from one step to the next easily and need a few tips to get moving. *Free*

Transit: Transit shows public transportation options, combined with bike sharing and car sharing, allowing people to consider and understand the options for traveling to a destination. Great for making sure you get to the next place on time and stay on a smooth timetable. Android and iOS. *Free*

One Big Thing: This simple app helps you identify a single priority to work on each day, instead of having long to-do lists to look through. You can also name small things you want to achieve once you complete your "one big thing". Available on iOS. *Free*

Aura: Recently, executive function experts have made the connection between practicing mindfulness and an increase in executive function capabilities. The Aura app is full of short (just 3-5 minute) micro-meditations that you can actually stick to doing regularly. The app reminds you to practice every day based on your habits and time preferences and even assesses your stress level and positive outlook. Android and iOS. *Free*

Strides: This app helps build habits and track goals, either using your own words or common goal templates. You can set reminders for your goal, write motivating notes to yourself, and share your progress with others over email, text, or social media. Available on iOS and Android. *Free for basic features.*

ToDoist: Their motto is "get it out of your head and onto your list", which really seems to work. Recommended by executive function coaches as a way to help break down tasks, filter type of task, and assign priority levels. You get your daily task list emailed to you every morning- available online, or in the app store for Android and iOS. *Free for basic features*