

What are your essential smartphone apps?

December 28, 2018 | 66 upvotes | by [Not_A_Twist](#)

Apps for tracking your schedule, meditation, self-improvement, beneficial gaming apps, etc.,?

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Comments

northermlaner • 41 points • 28 December, 2018 02:27 PM

Google keep. Can make notes and reminders in one place

jackandjill22 • 4 points • 28 December, 2018 05:16 PM

Yea, these services are amplified when you have a Google home.

AaronKClark • 23 points • 28 December, 2018 02:25 PM

YNAB

ihopngocarryout • 15 points • 28 December, 2018 02:52 PM

can't upvote this enough. ynab greatly improved my method for financial management, which was already pretty good to begin with.

lokilis • 2 points • 28 December, 2018 05:29 PM*

I have a decent amount of disposable income, and I've set up automatic transfers (30% of my income) to my retirement/investment accounts. I have an emergency cash reserve already. I tend to let my disposable income accumulate to a few thousand, then either make a bulk transfer to my investments or buy larger ticket items that I want. Do you think I would still benefit from this app?

ihopngocarryout • 2 points • 28 December, 2018 07:59 PM

Try it free for 30 days (sometimes they'll give u 90 days if u ask) and see if u like it. The system immediately clicked for me and made my life much easier. I used to do a fair amount of credit card churning, and it was great for that too. The ynab subreddit is active and very helpful. Good luck!

lokilis • 1 point • 28 December, 2018 09:53 PM

Okay, thanks!

hfmutilu • 1 point • 28 December, 2018 05:44 PM

Probably

Abeham10 • 12 points • 28 December, 2018 02:14 PM

I use a regular calendar planner that helps you set weekly and monthly goals. For meditation I use Headspace which walks you through a lot of meditation techniques (anxiety, sleep, motivation, etc.). As for notes, I use OneNote in my PC where I will have a journal where I write notes on daily life conversation and note where I could improve, new witty ideas, TRP tactics, life improvement, etc.

IrishGoodbye4 • 2 points • 28 December, 2018 04:46 PM

What app do you use for a planner? The standard iPhone one sucks.

Abeham10 • 3 points • 28 December, 2018 05:01 PM

Sounds like i wasn't pretty clear ma bad. I use a notebook planner called Ink and Volt.

lifeisweirdasfuck • 29 points • 28 December, 2018 01:40 PM*

Evernote

Edit: And btw, a real journal is better than all the apps mixed together.

da_Crow • 4 points • 28 December, 2018 03:39 PM

I've found bullet journaling to be surprisingly effective

airmenair06 • 2 points • 28 December, 2018 08:32 PM

Care to explain why and what that is?

da_Crow • 3 points • 29 December, 2018 06:54 AM

For someone who is very scatter-brained (like me), it has numerous advantages. For one, the physical act of writing triggers something in my brain that makes me more likely to remember it. You can develop your own shorthand (called "signifiers") to keep track of different things. Bullet journaling encourages simplicity and efficiency, so most of the "mental noise" is discarded so you can focus on things that are actually worth your time.

As to what a bullet journal is and how you can set one up, I'll refer you and anyone interested to this video: <https://youtu.be/fm15cmYU0IM>

TaeTaeDS • 1 point • 28 December, 2018 10:06 PM

Simplicity, speed, reward driven.

[deleted] • 4 points • 28 December, 2018 04:39 PM

this app is a cluttered mess.

HitMan8811 • 5 points • 28 December, 2018 03:06 PM

Google keep is a lot better in my opinion for note taking

bumbuff • 5 points • 28 December, 2018 05:12 PM

Note taking, sure. But you should write a journal, a few lines a day. What you did well, what you did wrong.

Best long term solution when you actually go back and reflect and see if you made changes or how you need to change if you see a bad pattern.

tdreampo • 7 points • 28 December, 2018 03:17 PM

Shortcuts

Homekit

Headspace

Overcast

Audible

Etrade

myfitnesspal

gyroscope

sleepwatch

doordash

lyft

Bodyspace

Apple music

Are my most used apps/

bigpapi69x • 2 points • 28 December, 2018 04:22 PM

Do you work for doordash? Is it worth it?

tdreampo • 2 points • 28 December, 2018 04:32 PM

I don't work for them, just get stuff delivered from them sometimes and I love it!

Fedora_Tipper_ • 2 points • 29 December, 2018 02:32 AM

Too overpriced in my opinion that I would rather just pick up the food myself. Only if I'm under the influence would I use them to deliver

tdreampo • 1 point • 29 December, 2018 02:46 PM

I usually order a few hundred worth of groceries at a time so the \$5.99+ tip isn't a big deal. It's worth it for me not to go to the store. Although I love a good farmers market. That being said hyvee will deliver for free anything over \$100 so I use them a lot as well.

Eclipsespirit • 5 points • 28 December, 2018 06:41 PM*

Audible for Books

Headspace for meditation

Overcast for podcasts

Things 3 for reminders and schedules and projects

Bear for quick notes and noting down mental thoughts

Lifesum for counting calories

Duolingo for learning French and Spanish

Workout for workouts

MarketWatch for Stock News

Flipboard for Magazines pertinent to interests

Apollo for Reddit

Goodreads to keep track of books I've read and to read.

apple music and shortcuts

No social Media apps other than Reddit.

Alwaysthecase_92 • 4 points • 28 December, 2018 02:23 PM

Greader. You can follow news, blogs and read articles offline works well generally.

banica24 • 4 points • 28 December, 2018 03:02 PM

Is it like Feedly? Similar app you follow blog rss pages by interest

lokilis • 1 point • 28 December, 2018 05:32 PM

I like Feedly.

Alwaysthecase_92 • 1 point • 28 December, 2018 05:52 PM

Yes. Just that feedly and others don't always download full pages for offline reading which greader does.

[deleted] • 4 points • 28 December, 2018 02:50 PM

Google Keep, MoneyLover and HabitHub is what I use the most.

ForteStrength • 3 points • 28 December, 2018 02:51 PM

MyFitnessPal Google Calander Google Tasks Strides (Track habits and drug averages like caffeine) Strong (Track workouts) Mint (track net worth)

oldbluebox • 3 points • 28 December, 2018 05:01 PM*

Strong

Best fitness app imo and syncs really well with Apple Watch. Has rest timers etc.

Psychedelic_Dan • 3 points • 28 December, 2018 07:19 PM

I'm seeing benefits from Sam Harris's new Waking Up app for daily meditation.. Kind of like Headspace.

Terdmuffin • 2 points • 28 December, 2018 06:15 PM

SwiftKey is my favorite keyboard app. I really don't like the standard iOS keyboard.

Vouch33r • 4 points • 28 December, 2018 01:48 PM

~~1001 techniques of masturbation~~ Lichess

AnabolLecter • 3 points • 28 December, 2018 02:03 PM

Twilight

banica24 • 2 points • 28 December, 2018 03:03 PM

beneficial gaming apps

I imagine Sudoku, crosswords and any puzzle that involves critical thinking or logic. Train the brain.

Edit: Mint is pretty good to track your spending, groups them in categories, sends you updates when you've spend too much on dining for example and help get you on track by visualizing your finances. You can also set saving goals

tobular • 1 point • 28 December, 2018 04:31 PM

Anydo

h0408365 • 1 point • 28 December, 2018 04:52 PM

Myfitness pal and a journal

Venenarium • 1 point • 28 December, 2018 05:21 PM

Habit Loop

imtheoneimmortal • 1 point • 28 December, 2018 05:37 PM

Calendar Strong (gym) MyFitnessPal (gym) Insight timer (meditation) List to do (doing list for week/day/month) Marvin (reading books)

[deleted] • 1 point • 28 December, 2018 07:21 PM

Duolingo (Spanish) Buddhify (best meditation app available imo) Tinder (obviously)

[deleted] • 1 point • 28 December, 2018 08:39 PM

Productive Habit Tracker and HeavySet for tracking gym progress

Lunatcharsky • 1 point • 29 December, 2018 12:58 AM

none.

[deleted] • 1 point • 29 December, 2018 01:24 AM

Scribd

so_XL • 1 point • 28 December, 2018 02:05 PM

I use my Google calendar. I have it fully color coded to help with my expense/budget, my fun events (I call them rage days), work schedule, as well as any other events I need to remember or plan for.

If you wish for me to elaborate, let me know.

That_Deaf_Guy • 2 points • 28 December, 2018 02:31 PM

Elaborate please; how do you use it for your budget/expenses?

so_XL • 1 point • 29 December, 2018 10:22 PM

So I have my paydays labelled on my calendar also. So when I get paid I look what bills I have in between paychecks (paid bi-weekly). At that point, I list out my expenses (fixed expenses i.e. bills and savings (Bills are on autodraft for the day they are due). Variable expenses i.e. what I plan on spending for groceries and gas) and subtract them from my income. Letting me know what I have left.

Then I take a look at what fun events I have going on in between the two paydays. This lets me know if I can go and recklessly enjoy myself, go and Irish exit after a couple of drinks, or if I will have to skip the event to avoid blowing my budget.

For unforeseen events like car repairs or anything unexpected, my calendar tells me what bills need to be rescheduled into the next budget.

Once I make it to the next paycheck, whatever is unused from the previous paycheck gets transferred into my savings account. Its basically living paycheck to paycheck but it has allowed me to save money.

That_Deaf_Guy • 1 point • 30 December, 2018 03:00 PM

Thanks for the detailed explanation; if it works for you, it works! I'll have to see if I can incorporate this, as it would allow me to use my calander more *and* get my finances on track.

Cheers!

so_XL • 1 point • 30 December, 2018 06:42 PM

No problem brother! DM your email and I'll provide you with screen shots of my calendar and

show you how I break everything down.

Once you get the hang of it, you can tailor it and make it work for you.

I've tried fancy apps and fancy excel sheets but I could never keep up with them.

imtheoneimmortal • 0 points • 28 December, 2018 05:38 PM

Like today i spent 3€ to buy milk and he colors red

so_XL • 1 point • 29 December, 2018 10:23 PM

No.

Locogooner • -1 points • 28 December, 2018 02:11 PM

If you're from the UK - get EMMA.

It's a bank account tracking app that literally tracks all your spending.

You can log in exactly where you're spending money and where money is coming from.

[deleted] • -2 points • 28 December, 2018 07:14 PM

Reddit