

Notes from May 29, 2024
Our favorite “Apps for That”

ANALOG vs DIGITAL – need for both, often using digital or online technology as backup for “old school” methods that work for ADHD-wired brains

Thinking of it as Tech Support for Our Brains

What are your favorites, most used, apps or other tech-based tools?

Goblin Tools (app and web-based):

- Planning
- Chef
- Judge
- Formalizer
- Professor
- Estimator
- Compiler

<https://goblin.tools>

Machine Learning/AI

ChatGPT

- Tailoring prompts to write emails
- Train yours to speak to you through ADHD lens
- Fact check

Gemini

<https://chatgpt.com>

https://gemini.google.com/?utm_source=google&utm_medium=cpc&utm_campaign=2024enUS_gemfeb&gad_source=1&gclid=EAlaIQobChMI0_ntqa-1hgMVLzfUAR3s9wexEAAYASAAEglo4_D_BwE

Pomodoro Timer

Apps

Or actual timer

- With real breaks

Pomodoro timer with body doubling

<https://geekbot.com/blog/best-pomodoro-apps/> (lists several options)

Body Doubling

MeetUp groups – with real person

- Adult Study Hall

Virtual co-working (tasks in chat, encourage each other)

- Flow

- FocusMate

Deepwrk
Caveday
LifeAt
Dubbi
Think Divergent

Mind Mapping

Ayoa
X-mind
Simple Mind
MindMup
MindNode
EdrawMind

Zettlekasten

Apple Tags/Find My

Prioritizing All Things

Trello
Asana
Monday
Jira
ClickUp

PKMS

My Reach
Capacities
Obsidian
Mem.ai
Evernote (using tags)
Notion (notion.so)
Anytype
Logseq
Roam
Tana
Craft

Tiago Forte (Building a Second Brain)
<https://www.buildingasecondbrain.com/>

Eisenhower Matrix (apps)

Priority Matrix
Focus Matrix
Todoist
Eisenhower Matrix iOS App
Notion
Dwight
Improve My Life
Miro
Tick Tick

Short-term projects/packing/traveling

Analog system → paper folder, putting necessary things in it and then dispose when not needed

Tips/tricks → putting time of appt in title of calendar entry; using colors to differentiate

Bullet journal → making it your own

Revisit Consistence vs persistence and Sticking with Things in future sessions

Family Bell (was Google, is going away - routines)

Alexa isn't quite as intuitive as Google

Alexa for reminders of all things – like remembering to go to bed

Google calendar on one screen – without scrolling, show the next event? What does that?

Smart Watches

Apple (can name timers)

Garmin