

10 Lifestyle, Wellness and Productivity Apps for the Busy Freelancer



Written by Akanksha, The Dependable Writer

Freelancers have a lot on their minds.

They have projects to pitch, deadlines to meet, clients to please and still find time for a healthy and fulfilling lifestyle.

This is where mobile apps come into the picture.

Wellness and Productivity-Boosting Mobile Apps for Freelance Professionals

An app usually refers to a small software program that you can easily download on your smartphone.

Once installed, its awesome features can help you simplify your life, speed up your daily tasks, monitor your progress and amplify seemingly ordinary goals – all in a matter of seconds.

Think of apps as mini-helpers and time-saving tools, cheering you on and enabling you to micromanage your life in ways you never thought possible.

From searching for new recipes, ordering food home and tracking your calorie intake to booking

a cab, relaxing relax in the midst of a hectic day and even monitoring your sleep patterns, there's so much you can do with the right app.



WHAT KIND OF MOBILE APPS ARE GOOD FOR YOU?

Mobile apps have quickly become an extension of our personality and an inseparable part of our lives.

Come to think of it, our smartphones wouldn't be all that SMART if it wasn't for these handy apps.

DID YOU KNOW? There are over 3.7 million Android apps available at the Play Store and more than 2 million apps available at the Apple App Store, and these numbers are steadily growing. Talk about variety!

Of course, not all of these apps are relevant for you and finding the right ones may seem like searching for a needle in a haystack.

So How Can You Find The Best Apps For You?

The trick is to look at those aspects of your freelancer life that you think you need some help with and then download the most appropriate app to solve your specific need.

Say, for example, if you forget to stay hydrated, why not download ***Carbodroid***, a simple yet powerful Android mobile app that will remind you to drink water at regular intervals, throughout the day. *SWEET!*

The last time I went phone shopping, I brought home one with a larger storage capacity to ensure there's enough room for my favourite apps. Don't get me wrong.

I'm still a big fan of the **humble notepad and pen** but when it comes to streamlining and simplifying certain aspects of my daily life, some of my most-liked apps are simply irreplaceable.

After all, freelancers need all the help they can get to stay on top of their goals, keep productivity levels up and their motivation intact. It is where the best mobile apps for freelancers come into the picture!

EVERY FREELANCER NEEDS THESE 10 HANDY APPS

Whether you are a [freelance writer](#), artist, web designer or consultant, you can benefit from these ten useful mobile apps.

Simply download the ones that cater to your unique requirements and start achieving more.

Wellness Apps for High-Strung, Busy Freelancers | *Staying Happy*

Being goal-driven is great but when in our race towards our goals we start ignoring our well being, it's time to press the PAUSE button.

Wellness mobile apps enable us to slow down and make time for ourselves so we can live fuller, healthier and more enriching lives.



#1. HEADSPACE

Being your own boss may sound blissful but it isn't the easiest thing to do. Freelancers have to deal with a lot of pressures to make it on their own.

From pitching, performing and invoicing to budgeting, marketing and rework, there's a lot to handle and burnouts are quite rampant.

The ***Headspace App*** waltzes in to save the day and night by offering a welcome respite from stress and anxiety – anytime, anywhere.

Available on Google Play and the Apple App Store, Headspace is a refreshing wellness app that has been founded by a former Buddhist Monk. It promotes a healthier and happier life using the benefits of **guided meditation and mindfulness**.

You can think of it as your personal meditation guide that you can turn to whenever you are feeling stressed.

Known to provide a sense of calm, stress relief and improved focus, the Headspace App teaches meditation for Work, Kids, Sleep, Focus, Stress, and Anxiety.

Sign-up for the 10-day free session and learn the basics of meditation for free. For more in-depth meditation techniques, you can select the 30-day paid packs.

What's Great?

- Since the app can be accessed from anywhere and at any time, it provides a refreshing technique to instantly calm the mind and live mindfully.
- The 10-day free version is great for testing the waters. If you like the Headspace experience, you can move to the paid version.
- The animations add to the restful experience.

#2. HAPPIER

Don't we all want to live happier lives? Oh wait, we already do live numerous happy moments throughout the day – the only problem is we don't realize it.

This is where a need for the [Happier Mobile App](#) is felt.

Available for iPhone users (iPhone, iPad, Apple Watch), Happier is an award-winning app that promotes mindfulness and provides an easy way to practice gratitude every moment of our lives by playing the role of a **gratitude journal**.

You can use the app to record every small and big event that made you feel happy, positive, and grateful, as they happen in real-time. When you look back at your notes, you will realize just how much you have to be thankful for every day.

When accessed via the Apple Watch, the app will present calming and inspiring quotes as well as short meditation breaks to help you relax in-between a stressful day.

What's Great?

- The Happier App is absolutely free to use.
- You can connect with other Happier users and become a part of the uplifting Happier community.

#3. PEDOMETER STEP COUNTER & CALORIE COUNTER

If your job profile involves sitting at the desk and working long hours like most freelancers, it can be a challenge to know just how active you've been throughout the day.

To experience a state of wellbeing, we must also be mindful of our physical state and feel good about ourselves.

The [Pedometer Step Counter App](#) comes in handy here.

It is a simple, clean and easy to navigate App that you can use to count your steps and keep a track of your movements, every day. The app has a built-in sensor that **records the kilometres covered, calories burned and your walking time.**

Depending on your preferences, you can define your daily Step Goal, the preferred degree of sensitivity (low to high) and a daily reminder. The Report Graphs show how you fared in the last 24 hours, in a week or during a month.

The app does not use GPS and works even when your screen is locked.

However, since the app counts your steps based on your movements, press the **Start** button to start recording (pause when you need to) and make sure that your phone is either in your hand, your pocket or your handbag.

What's Great & What's Not?

- You don't need to sign-in to use the app and all the features are completely free.
- If you select high-sensitivity, the app starts recording even the smallest movements such as hand movement so make sure to adjust the sensitivity settings based on your needs.

#4. HEBBAR'S KITCHEN

They say variety is the spice of life.

If you love to see lots of variety on your plate, you will need much more than a handful of tried and tested recipes to satisfy your taste buds – especially after a long and tiring workday.

This is where *Hebbar's Kitchen* steps in!

Offering a collection of Indian vegetarian recipes with supporting pictures and video help, the **Hebbar's Kitchen recipe app is your go-to resource for all things food.**

In addition to Indian recipes, the app also lists some interesting International vegetarian recipes and worldwide cuisines.

You'll find breakfast recipes, curry recipes, snacks and sandwich recipes, rice and parantha recipes, cakes, salads, and dessert recipes, among many others.

What's Great?

- The app works offline as well.
- If you're not up to cooking anything fancy, the app will help you to make simple and

instant recipes with ordinary ingredients you can easily find in your kitchen.

Productivity Apps for Time-Deprived Freelancers | *Getting More Done*

Time is money, we all know that. Still, when distractions come calling, the best of us lose focus and end up wasting time doing unnecessary things.

Productivity apps are a great help when you want to cut through the clutter, organize yourself, minimize distractions, improve your speed, focus and overall performance.



#5. FOCUS BOOSTER

Working from a home-office or a cafe has its perks. You don't have a boss watching over your every move.

On the flip side, however, it is easier to fall prey to distractions and waste a good number of hours doing nothing substantial.

The Focus Booster App puts things in perspective and makes you more accountable for your time.

Available on Apple Store and Google Play, this app is based on the famous ***Pomodoro Technique*** of time management which promotes 25 minutes of focused work followed by a five minute break.

The built-in timer ensures undivided focus on one task and cutting down distractions, while the time tracking feature is great for boosting overall productivity and understanding how your time was spent.

What's Great?

- You can try the starter plan for 30 days, free of cost. The paid subscriptions are available as low as \$2.99 per month.
- This system of taking monitored breaks in between work can cut down on burnouts and ensure that the user comes back to work refreshed and motivated to do more.

=====

THE POMODORO TIMER is another simple and hassle-free mobile timer that I use all the time. Though the recommended Pomodoro duration is 25 minutes, you can adjust the long break and

short break duration according to your preferences.

Simply enter the task you are going to work on and set the timer. Now that Pomodoro is running, it's time for you to focus and get the job done until the timer goes off (reminding you that it's Party Time) – time to take a short break.

You can choose to take a break or skip the break if you're feeling motivated to keep on going!

=====

#6. EVERNOTE

When I look back at my school/college days, I remember slogging behind the desk, making unending notes. Times have changed but maintaining notes is still an important part, now of my work life.

Luckily, today it's not my pen or my hand doing all the work.

***Evernote* simplifies note-taking in any format.**

An article, Web Page, Audio, Excerpts, Pictures, Bookmark, Screenshot- you name it!

Using Evernote, the productivity app, you can 'capture what's on your mind' and 'remember everything' across any device.

Organize your important notes into relevant notebooks (and tags) and access as well as share them from any device, anywhere – hassle-free.

Since all your notes are automatically synced, no information is out of your reach.

Simply download Evernote via the Apple App Store or Google Play, sign-up for free and start organizing the most important information with ease.

What's Great?

- With your Basic (free account), you get a monthly storage space of 60 MB per month. If you use up this space, you can try their Premium or Business plans.



#7. TOGGL

Have you ever looked back at your day and wondered where all the time went?

Keeping an account of your activities helps to become more organized and goal-driven, especially when you're a part of a team.

The *Toggl App* makes time tracking hassle-free and reporting easy.

Just press the START timer button and you're on your way to tracking the time you're spending on any given task or project.

Once you've tracked your time, you can use the app's reporting functionality for **detailed graphical views** (weekly / monthly) of the time you've spent on different tasks. This way, you can know exactly where your hours are going.

The export feature is quite handy as it lets you share your reports in different formats with other people such as your team members and clients.

Toggl is useful for individuals, freelancers and larger teams and enterprises.

What's Great?

- Toggl works on multiple platforms and devices - Android, iPhone, Desktop - Windows, Mac, Chrome, etc.
- The 30-day free trial is great for understanding the usability and effectiveness of the app. If you're interested in its advanced features, you can sign-up for the paid versions.

#8. LASTPASS

There was a time not too long ago when the two most important things a person needed to memorize was their address and phone number. Oh, what an uncomplicated world it was!

Fast-forward to today and there is no dearth of things we must manage if we wish to function in the digital world.

Of these, passwords top the list.

Considering the number of online accounts and services freelancers sign up for, remembering so many complex passwords is no easy feat.

The *LastPass Mobile App* makes a grand entry as your personal password manager.

It asks you to remember just one master password and LastPass remembers all your other passwords for you. Awesome, right?

The app is available free for download on the Apple App Store, Google Play Store and Windows Phone.

Simply download the app to your favorite devices and log in with your LastPass account details. Once synced, you can **access your saved passwords** from your LastPass vault anywhere, any time.

For added security and to safeguard your data, the app offers fingerprint support and uses strong encryption algorithms, local-only encryption, and two-factor authentication. The app offers personal and business plans.

What's Great?

- At \$2 / month (LastPass premium) you can share passwords, wi-fi logins as well as memberships with other people.
- At \$ 4/month, you can organize, secure and share digital details of your entire family (up to 6 users).

#9. ASANA

For a freelance professional, co-working on a large project with a big team of people can be quite overwhelming.

With so many opinions to consider, feedback to assimilate and emails to reply to, it can all become a bit too much. After all, most freelancers are accustomed to working on their own.

This is where [Asana](#) offers much-needed respite.

Sign-up with your work email address and you will be connected with your team in Asana.

Once connected, you can assign and receive tasks for a project, check reminders and due dates, complete and upload your work, and communicate with your team members, all in a matter of seconds.

Since everything can be managed from within your inbox, dashboard and home screen, collaborating on projects from start to finish and

tracking the progress of your team are easy and hassle-free.

You can also create and manage your personal projects within Asana and save a lot of time getting organized.

What's Great?

- Asana is completely free for teams of up to 15 people. Using the basic dashboard, you can create unlimited tasks and projects.
- You don't have to be online to track your work when using Asana on Android.

#10. INVOICE GENIUS

Invoicing is an important part of a freelancer's job profile.

You've got to do it efficiently and on time if you want your clients to take you seriously.

But when there are a lot of clients to keep track of, the simple task of creating an invoice can seem like a project in itself.

***Invoice Genius* takes away the stress of invoicing by offering a free Invoice Generator App** for small businesses and contractors.

Once you download the app on your iOS or Android device, you can start invoicing your clients immediately after completing a project. InvoiceGenius frees you from the need for maintaining piles of unnecessary paperwork. It's easy, well organized and quick.

What's Great?

- Once a client has approved estimates for a project, you can convert them into payable invoices in no time.
-

CLOSING THOUGHTS:

If you are a freelance writer, designer or a busy professional trying to simplify your work-life and boost your performance, you can surely benefit from the right mobile apps at your fingertips.

One size does not fit all so I suggest doing a bit of research and finding the right apps for your needs and preferences.

I'm sure the experience will be worth it.