

APPS LIST

Personal and professional resources to help you grow and learn.



Inner Goddess.



The Goddess doesn't enter us from outside;
she emerges from deep within.

She is not held back by what happened in the past.

She is conceived in consciousness, born in love and nurtured by higher thinking.

She is integrity and value, created and sustained by the hard work of personal
growth and the discipline of a life lived actively in hope.

- Marianne Williamson -

Whether we like it or not smart phones have become an essential part of our lives. I mean they are pretty incredible when you think about it, you can be connected to friends all around the globe at any time and with FaceTime you can now see them too when you chat. From recipes to making new relationships, streaming music or doing workouts from anywhere. There are just so many amazing ones out there to help educate and motivate us.

But with so many options; where do you start, which do you choose, which apps are going to help you with both your personal and professional life?

A stylized, handwritten word 'Apps.' in black ink. The 'A' is large and loops around the 'p's. The 's' has a long, sweeping tail that ends in a period.

Here you'll find a mixture of my favourites from health, mindfulness and business:

MINDFULNESS AND SPIRITUAL

- Daily Horoscope Astrology Zone (Susan Miller)
- Headspace (mediation)
- How to love yourself - Louise Hay Cards
- Insight Timer (free meditation)
- Miracles Now (cards by Gabby Bernstein)
- Moon (keep track of the moon cycles)
- Notes from the Universe (daily positivity from the universe)
- Podcasts (of course)
- Smiling Mind (Meditation)
- Spirit Junkie (Gabby Bernstein)
- The Secret Teachings (daily positivity)

HEALTH, FOOD, WELLNESS AND FITNESS:

- Couch to 5K (beginner runners who want to learn how to run)
- Down Dog (yoga from anywhere)
- FMTV (documentaries wherever you are)
- Gaia (Profesional Yoga Practice)
- Happy Cow (vegan restaurants around the world)
- MyFitnessPal (track your health and weight loss journey)
- MyFLO (track your hormones + symptoms)
- Nike Run (track your runs)
- Period Tracker (track your hormones + symptoms)
- Sleep Cycle (manage your sleep)
- Think Dirty (what chemicals are in your products)

FOR THE BUSINESS BABES:

- Asana (communication and collaboration)
- Audible (audio books)
- Dropbox (files from your computer to your phone, easy to share)
- Duolingo (learn a language easily)
- Evernote (syncing notes across computer and phone)
- iScanner (document scanner)
- Lightroom (photo edits)
- Mail Chimp (build mailing lists and send newsletters)
- Time Buddy (time difference)
- Trello (post it notes-to do)

Be sure to share what you're loving with the other goddesses inside the facebook group
'Awaken Your Inner Goddess With Rebecca Neale'



Don't waste your time
with explanations:
people only hear what
they want to hear.

Paulo Coelho

Its time to wake up *Godless.*


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Share your *journey* with me

 innergoodnessjourney