

# TECHNOLOGIES TO STREAMLINE YOUR DAY

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## Understanding Your Time

**Mobile:** Phone screen data

**Work screen time:** RescueTime + Toggle

## Tools & Platforms

### Meetings + Calendars

- Calendly
- Doodle

### Passwords

- LastPass
- 1Password

### Inbox Management

- SaneBox
- Gmail labels
- Boomerang
- Twobird
- Superhuman

### Project Management

- Trello
- Asana

### AI's Influence

- ChatGPT (*copy + processes*)
- Jasper (*copy*)
- Stability.ai (*images / creative*)
- Tactiq (*note taking*)

## Automations

### Zapier

## Marketing Extensions

### Chrome Extensions

- Colorzilla
- Go Full Page
- Hunter

### Website + Plug-in

- Coolors
- Grammarly