

The Brainy Productivity Toolbox

Tools that actually help when your brain says “nah.”

This isn't just a list of links. It's a survival stash for scattered minds.

Everything here is ADHD-friendly, low-pressure, and built for brains that spark, stall, and spiral.

Use what works. Ignore what doesn't. Come back when you feel like throwing your phone out the window.

■ Understanding Your Brain

- Todoist – For visual task breakdowns
- Evernote – For catching your ideas before they run off
- MindMeister – For mind-mapping mayhem

■ Time & Memory Helpers

- Time Timer – Shows time disappearing visually
- Brain.fm – Music that tells your brain to hush and focus
- Habitica – Turn your tasks into an RPG
- RescueTime – Discover your digital time-wasting habits

■ Space & Digital Decluttering

- Trello – Like sticky notes on steroids
- Notion – Customizable digital life HQ
- Google Drive – Put your chaos in folders
- ClickUp – Task/project manager for big-brain energy

■ Gentle Time Blocking

- Sunsama – Drag your to-dos into your day
- Focus To-Do – Pomodoro + planner in one
- Clockify – Track time like a boss

■ Habit Hackers

- Streaks – See progress as streaks, not pressure
- Loop Habit Tracker – Visual habit charts (Android-only)
- Forest – Stay off your phone and grow fake trees ■
- Fabulous – Morning routine coach that actually cheers you on

■ Self-Care That Doesn't Suck

- Insight Timer – Meditation without cult vibes
- MyFitnessPal – Food + energy tracking, not food shame
- Sleep Cycle – Wake up less grumpy
- Calm – Stress relief, sleep sounds, and bedtime stories for grownups

■ Bonus Tools

- Asana – Good for team projects or pretending to be organized
- Beeminder – Set stakes and stay accountable (financially, if needed)