

Apps

Free apps to support your self growth journey.

HAPPIFY

Positive psychology at its best through games and fun activities.



MEDITATION TIME

A handy app for your meditation practice..



REMINDFUL

It reminds you to practice mindful breathing, shift your thoughts to the present moment, and give thanks.



THANKFUL

Reminds you to be thankful & appreciate the things in life we sometimes forget. It offers wonderful reminders.

30/30

A task scheduler for people who easily gets distracted.



Simplify Your Life
freedomrivera.com