

Mindful apps you gotta have

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HEADSPACE. - MEDITATION

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MANGO LANGUAGES - LANGUAGE

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GOOGLE TRANSLATE - LANGUAGE

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9GAG - FUNNY MEMES

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SPOTIFY - MUSIC NEEDS

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FUTURE ME - WRITE TO YOURSELF

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QUIT THAT - HABIT TRACKER

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MINDSHIFT - ANXIETY SHIFTER

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TALKSPACE - ONLINE THERAPY

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10% HAPPIER - MINDFULNESS APP
