

# Go to Favorites

## MY 5 MUST HAVES...

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1. **40 oz. Hydro Flask:** it allows me to track how much I'm drinking throughout the day & it keeps my water cold.
2. **Calm App:** Guys this app has been my life line for sleep and developing greater consciousness in daily life. I literally use this app an hour EVERY day.
3. **Map My Run App:** it allows me to track all my physical activity. It tracks distance, time, calories burnt, etc. I use the free version. It even syncs with my iPhone health app. It's fun to see my progress over the weeks, months, and years.
4. **Audible.com/App:** So I gave up judging myself for not being focused enough to read physical books a long time ago. Audible has allowed me to devour books at a voracious pace I never could before! This means I am always learning and growing myself. I usually listen for about an hour a day or whenever I am in my car. I turn almost all of my drive time into what I like to call *"Jessica's Drivetime University"*.
5. **Maximize Planner:** Obviously my list wouldn't be complete without including MAXX. MAXX has become such an integral part of my life. It allows me stay focused, it keeps me accountable, and it gives me a reset when I need it. MAXX is my most trusted advisor & everything is better when I'm using it to pursue my dreams.

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