



IMHO Reviews Choose Apps To Help Achieve New Year Resolutions

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IMHO Reviews did research on apps and online resources for people looking to keep their New Year resolutions. They share a comprehensive list of apps and websites that can help stay on track with goals. From health and fitness apps to productivity tools, there's something for everyone. The list is created for those that are looking to be more organized, learn a new skill, or even travel more next year. With detailed reviews of all the top apps and websites on their list, readers can find exactly what they need to help make New Year's resolutions come true. IMHO Reviews Company makes it easy to find the perfect app or website to make sure those New Year resolutions don't get forgotten.

Mindvalley is a first app on the list to use for New Year's Resolution. Its Lifebook Online program, according to Vitaly Lano, "Might be the perfect program for you to kickstart your new year goals." Lifebook Online is a 12-week program with modules dedicated to each important aspect of life such as health, relationships, and career. It also includes interactive elements such as questionnaires and worksheets to help analyze the current state of life. The best part is that it can be free of charge despite its original price tag of \$500. With

Mindvalley, users can get the tools and guidance they need to start their journey toward a better version of themselves this new year.

In the reading category, IMHO Reviews highlighted Scribd and Blinkist - two great apps to help stay on top of the goals. Both are useful but serve different purposes. Scribd is good for readers who want to crack open a book, as it provides access to a vast library of books, magazines, and audiobooks with a subscription. Blinkist, on the other hand, is adept at quickly summarizing nonfiction books into easily digestible 15-minute reads or audio summaries - good if a person short on time but still wants to learn something new. Both apps have free trials.

"If learning a new language is one of your goals, then consider using an app to help you stay on track," Vitaliy stated. Both Babbel and italki are two fantastic apps that can help make it easy. Babbel is great for building up the vocabulary and getting familiar with the fundamentals of the language. Italki is great for practicing conversation with real people from around the world so users can get used to speaking the language fluently. Together, these two apps will help anyone learn a new language faster than ever before.

"Making a resolution to upskill is an excellent way to improve your life in the upcoming year. There are many options available for learning new professional skills and should take advantage of them. One of the easiest ways to do this is by signing up for courses on websites such as Coursera or Skillshare," according to Vitaliy. Both of these sites offer thousands of courses on various topics, so members can easily find something that interests them. Additionally, those apps can help learn something new each day without breaking the bank. The key to success with this resolution is consistency. Set aside some time each day or week to devote yourself to learning something new and stick to it.

Vitaliy advises readers on how to form good habits and keep them in the new year. It is best to learn from the best in the industry and copy the behavior model of successful people, do more of what is working, and admire change. It's important to maintain consistency to build strong habits that will last long after the new year. Setting goals and breaking them down into smaller chunks that can be easily achieved is another suggestion from Vitaliy. By making goals measurable people can track progress and stay motivated by rewarding themselves with something special whenever they reach a goal. "Change is inevitable but if we face it with an open mind and take steps towards bettering ourselves, we can create positive habits that will help us become healthier, happier individuals," Vitaliy added.

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IMHO Reviews

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