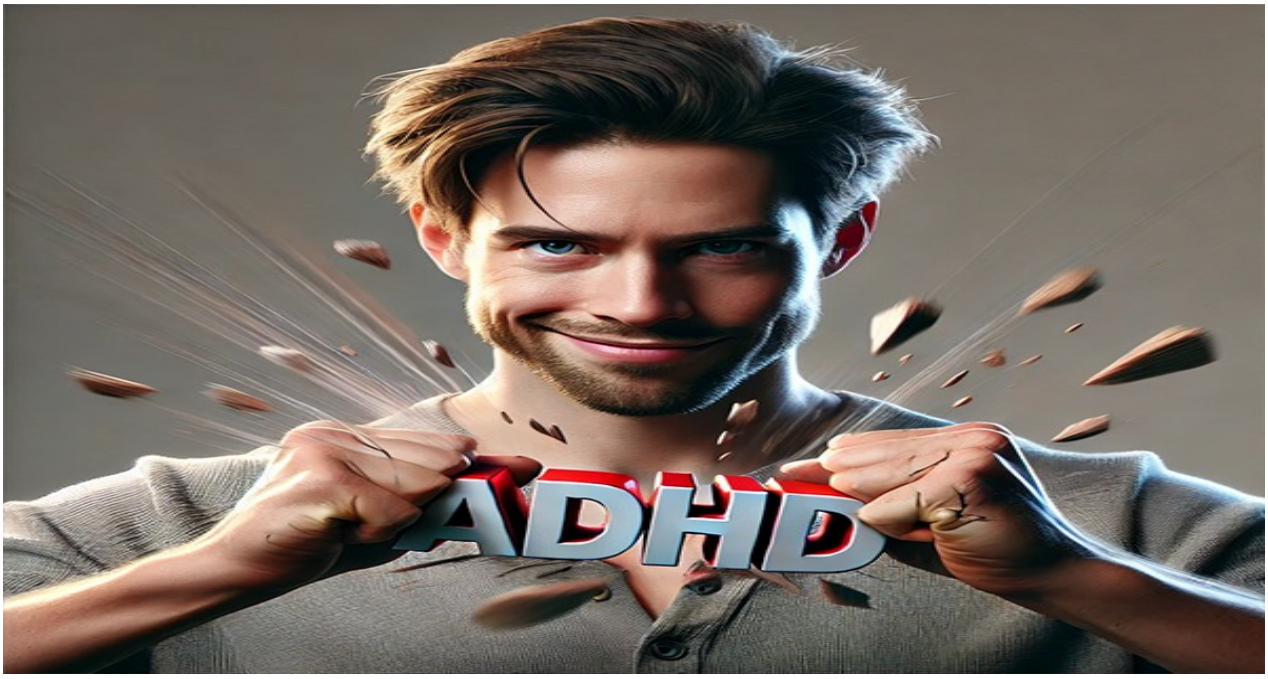


GoalDigger App Launch: How AI and Hypnosis Can Boost Productivity In Adult ADHD

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In a significant advancement for those navigating the challenges of ADHD, the much-anticipated GoalDigger app has officially launched for iOS and Android devices. This innovative tool, blending artificial intelligence and hypnosis, promises to transform how individuals with ADHD set and achieve their goals.

Developed over the course of two years, GoalDigger addresses the core issue faced by many with ADHD: the struggle to maintain focus on long-term objectives. By combining SMART goal-setting with subconscious reinforcement, the app ensures that users not only define their goals clearly but also internalize them, turning abstract intentions into actionable visions.

Vitaliy Lano, the creator of the app, brings a deeply personal perspective to its development. ?I, myself, have ADHD, a diagnosis I only received when I turned 37 years? he shared. ?For the past decade, I've been combining all the known techniques, including my own experience as a hypnotherapist, and conducting extensive research on self-improvement to overcome these challenges. This app is the culmination of that

work, and I can confidently say it?s the only tool that has truly helped me battle my issues.?

Lano continued the discussion, emphasizing the app's uniqueness: ?Most tools out there fail to offer the necessary support, mental focus, or guidance. GoalDigger, however, is different?it's the system I use myself to achieve my goals.?

The app?s AI system plays a crucial role in breaking down these goals into manageable tasks, ensuring each step is actionable. This focus on task-oriented progress, coupled with daily notifications, keeps users on track and reinforces their commitment to their goals. This functionality ensures that every goal, no matter how ambitious, is approached in a structured, achievable manner.

More than just a productivity tool, GoalDigger offers support to people for when their path gets difficult. The app includes features like AI journaling and an "AI Shrink" feature, providing users with the tools to overcome subconscious barriers that might otherwise derail their progress. Should a user falter in completing a task or face mental blocks, the app?s "AI Shrink" feature offers tailored advice to overcome these obstacles, while the integrated AI journaling tool encourages users to document their journey, reflecting on both their progress and setbacks. This journaling process is designed to help rewire the brain, fostering a mindset that is more resilient and goal-oriented.

GoalDigger?s daily notifications are another essential feature, providing gentle reminders that keep users focused on their goals. These reminders are crafted to reinforce the user?s commitment, helping them stay aligned with their objectives throughout the day.

GoalDigger?s launch marks the beginning of a new era in ADHD productivity tools. With its seven-day free trial and unlimited usage, the app invites users to experience firsthand how it can help them harness their potential and achieve their goals. As Lano stated, ?With the right tools, anyone can reach the goals they set for themselves.?

Lano also emphasized that the app is still evolving. While the current version doesn?t include a tracking system, the development team is actively working on embedding this and other advanced features, ensuring that GoalDigger continues to meet the needs of its users. ?We?re committed to improving the app based on user feedback and ongoing research,? he added.

The GoalDigger team is continuously testing and refining the app based on user feedback. One of the latest developments is the integration of a Pomodoro timer, a feature that has proven to significantly enhance productivity by helping users concentrate and complete tasks more efficiently. Lano is committed to making this app a community-driven project, welcoming suggestions from users to ensure it truly serves their needs. "This app is built for the people," he stated, "and I promise to keep developing it with the goal of helping

individuals with ADHD overcome their challenges and achieve their goals."

For more information about the GoalDigger app, and the 7-day free trial option, visit the App Store or PlayStore.

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