

CS: Self-Directed Supports -Balanced Living: Work, Study, Play

Version 1

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- **Toggl:** Time tracker that helps you learn how much your time is worth.
- **LifeTick:** Set and manage goals using SMART goal methodology to ensure calmer and better decision making.
- **Simple Habit:** Meditate for just 5 minutes/day to reduce stress, sleep better, relax faster, breathe easier, improve focus and be happier