In this brief summary, I have put together two applications on my cell phone that I use and how they increase the productivity and quality of life.

# Udemy

Udemy is an online platform which has its own application which has wide range of short and long courses. This platform has thousands of online courses which can be accessed through cell phones. Since the course can be taken on-demand, it become very convenient to use at any place at any time.

By learning different topics, we tend to increase our knowledge and a better practicality of various situations can be handled efficiently if there is a habit of learning.

If we are to learn about a topic, there are courses from beginner level to expert level courses regarding the same topic from different tutors available. This ensures that if we are interested in a subject, we will be able to learn from the basics to the advanced levels. This also ensures that our productivity increases if any related work is being done on a day to day basis.

Udemy also has various personality development courses which is invaluable when practiced in daily life. By taking such courses, we tend to improve the quality of life which in turn result in being a better person.

# Clockify

Time is the most important element in one’s life. Clockify is an application in cell phones which allows the user to track the time spent on each activity. We will be able to track down how we spent our time and where we are spending most of the time. This helps us focus on activities that matter and reduce spending time on unwanted things.

If there is someone to track and tell you where the time is being spent each day, you are likely to focus on things that are productive. By focusing on spending time wisely, we tend to increase our productivity.

The option to track time automatically helps so that we don’t have to be worried about the interruption of your workflow and ruining our concentration.

Clockify also has several other options such as separating time into different brackets, so that we can have a clear picture on what should be done throughout the day. For example, if we are studying, separating our time into small study time and interval time in between can help our mind on point and fresh. The above mentioned can cause to increase the quality of life by a greater extent.