

NERDY NEW YEAR'S RESOLUTIONS

Resources and Bonus Material



BETH Z
YOUR NERDY BEST FRIEND



BUDGETING

1

Truebill

Subscription Management Tool

truebill.com

2

GoodRx

Prescription Coupon Finder

goodrx.com

3

Hopper

Low Airfare Finder

hopper.com



IMAGE MANAGEMENT

Google Photos
AI-Powered Image Management
and Organization
photos.google.com

SECURITY

1

LastPass

Password Manager
lastpass.com

2

Burnermail

Disguised Email Addresses
burnermail.io

3

Have I Been Pwned?

Site to Check If Your Email, Phone
or Password Have Been Leaked
haveibeenpwned.com



SELF CARE

Abridge

Recording Tool for Conversations
with Your Doctor
abridge.com

Woebot

AI-Based Chatbot Counselor
woebothealth.com



GRATITUDE

Kudoboard

Online Group Greeting Cards
kudoboard.com

Rememorate

Contact Manager that Helps You
Remember People's Names
rememorate.com

LEARNING/LISTENING

1

Videoticle

Site to Transform YouTube Videos into Article
videoticle.com

2

TED SMRZR

AI Tool that Summarizes and Compares
TED Talks
tedsmrzs.vercel.app

3

Uptime

Tool that Synthesizes Knowledge Hacks into
Five-Minute Nuggets
uptime.app

4

Tip: Used the closed captioning feature on
YouTube videos to see the transcript with time
codes

5

Otter

AI-Powered, Real-Time Transcription Tool
otter.ai



DEVICE RECYCLING

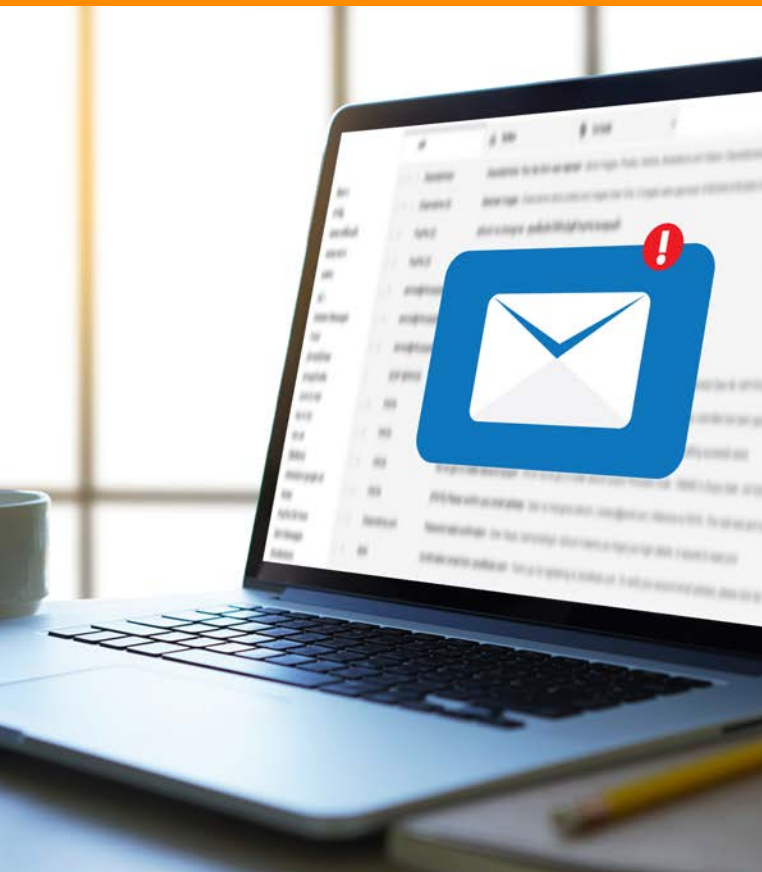
Alfred

Tool to Turn Old Devices into
Security Cameras
alfred.camera

911 Cellphone Bank

Site that Recycles Old Devices
911cellphonebank.org

INBOX HELP



Unroll.me

Email Subscription Management Tool
unroll.me

PaperKarma

Junk Mail Manager
paperkarma.com

FOCUS TOOLS

1

Pomodoro Technique

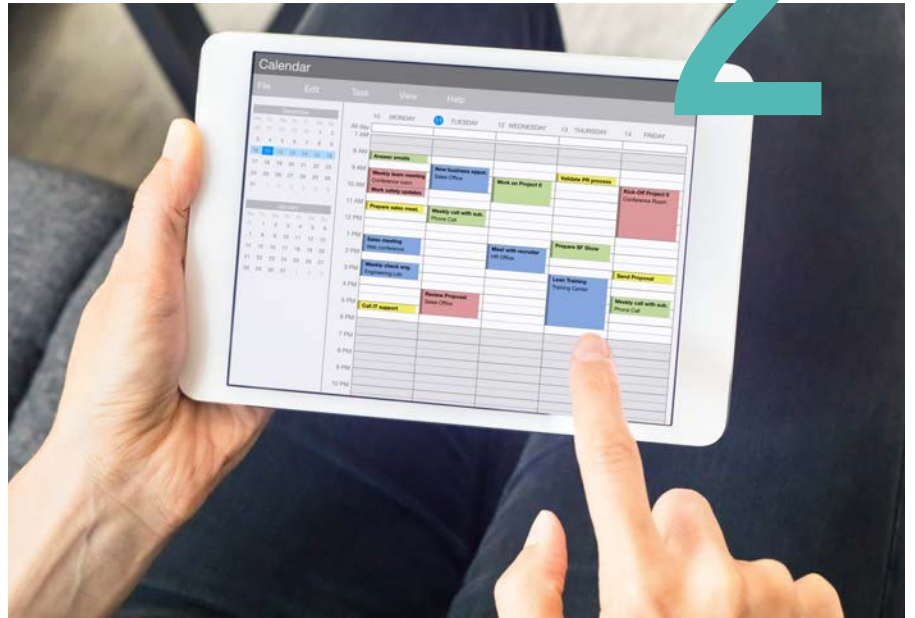
Tip: Set timer for 25+ minutes and focus on ONE task at a time.



Time Boxing

Tip: Put your tasks one by one on the calendar and block off the time.

2



3



StayFocusd

Plugin to Block Distracting Sites
stayfocusd.com

4

Forest App

App to Help Break Phone Addictions
forestapp.cc



5

RescueTime
Activity Monitor
rescuetime.com



ABOUT BETH Z

CERTIFIED SPEAKING PROFESSIONAL



To find technology to make your life easier, you could hunt for hours, demo for days or Google for greatness.

Or you could just ask Your Nerdy Best Friend...

Beth Z, Your Nerdy BFF, sorts through the digital clutter to discover tech tips, tools and tricks to solve life's everyday problems.

Then she shares her best tips in easy-to-understand short bites with humor and pizzazz.

AUTHOR. SPEAKER. NERD.
(NOT NECESSARILY IN THAT ORDER)

WHAT AUDIENCES SAY ABOUT

BETH Z...



"I love all your virtual training seasons! I've improved my Zoom presentations due to your tips, tricks and technology recommendations. Thanks!"



"I love My Nerdy Best Friend, Beth Z! Her tools are GENIUS and super helpful for work and everyday life."



"I love listening to NERDY Beth Z. She's entertaining while offering many great tips and education to help me with my business. Thank you for your NERDY but great offerings."



"Beth is the right blend of serious information and seriously fun!"



"Beth delivers. I've hired her, gifted her books and brainstormed new ideas. Go easy on yourself... Hire her today!"



"I have been following Beth for years, and she never fails to teach me something new!"



"I love listening to NERDY Beth Z. She's entertaining while offering many great tips and education to help me with my business. Thank you for your NERDY but great offerings."



THANK YOU

WANT FUN AND USEFUL CONTENT?

Beth Z's presentations marry the funny with the functional with interaction and hands-on learning built-in!

AUTHOR SPEAKER NERD

yournerdybestfriend.com