

A COACH ZUBAIR GUIDE

One Place for Every Task

Consolidating email, notes, voice memos, meetings and Asana into a single, time-blocked daily plan

Tools, pricing, agents, capture hardware and a build spec for a custom system

A practical guide to running your business and personal life from one place

Cross-platform: Windows, Mac, Android and iPhone • Updated August 2026

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Practical systems to run your business and life from one place.

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How to use this document

Section 1 is the decision - pick Option 1 (easiest), Option 2 (cheap) or Option 3 (free) and go. Everything after it is the supporting menu: the full landscape and pricing, where agents fit, whether an all-in-one system exists yet, the paths in depth, and a copy-paste spec for a consultant.

1. Start here: the simplest ways to do this

If you read nothing else, choose one of the three options below - ordered from least effort to least cost. All give you one place for everything, timed and untimed together. Start with whichever matches your appetite; you can switch later without losing anything.

OPTION 1 - EASIEST, EVEN IF IT COSTS MORE

Let the tools do the work

- **Hub:** **Akiflow** (\$19/mo) or **Sunsama** (\$20/mo). Connect Gmail, Asana, Google Calendar and Slack; everything lands in one inbox you drag into time slots, and unfinished items auto-roll. Want AI to build the day for you? **Motion** (\$19/mo).
- **Optional assistant:** an AI chief-of-staff (**Martin** ~\$21/mo or **alfred_** ~\$25/mo) to triage your inbox and hand you a morning brief.
- **Optional capture:** a **Plaud NotePin** (~\$159 one-off) for voice and meetings on the go - or just the free Otter/Fathom app.
- **Effort:** about an hour to connect, then a 5-minute daily plan. Best if your time is worth more than the subscription.

All-in cost: ~\$19-45/month depending on the optional extras.

OPTION 2 - MEDIUM: A LITTLE SETUP, MUCH LOWER COST

Do a bit yourself and save

- **Hub:** **TickTick Premium** (~\$36/yr, about \$3/mo) or **Todoist Pro** (~\$60/yr), synced two-ways with **Google Calendar** (free). This is the whole core cost - the automation below is optional.
- **Capture:** **Google Keep** (free, incl. voice memos) plus **Fathom** (free) for meeting notes and action items.
- **All-Apple household?** Swap the hub for **Things 3** (one-time ~\$80, no subscription) or **Apple Reminders** (free).
- **Optional glue:** a few **Make.com** automations (~\$10/mo) - or a free Cowork morning brief - only if you want the awkward sources auto-pulled.
- **Effort:** an afternoon to set up, then you copy in the occasional item by hand.

All-in cost: ~\$3/month core (up to ~\$15 with optional automation).

OPTION 3 - FREE (\$0), MOST HANDS-ON

Pay nothing, do a bit more yourself

- **Hub + capture (free): Google Tasks + Google Keep + Google Calendar** - all free and cross-platform. Keep captures notes and voice memos; Google Calendar now lets you block time for a task with a set duration (rolled out late 2025).
- **All-Apple: Apple Reminders + Apple Calendar** (free) - the Today smart list shows due + overdue. **Windows-first: Microsoft To Do** (free) with 'My Day'.
- **What you give up:** reliable *automatic* roll-over (Google Tasks flags overdue rather than moving items for you, so you re-triage by hand), fewer reminder options, and more manual copy-in from meetings and email.
- **Effort:** highest day-to-day upkeep - but it genuinely works.

All-in cost: \$0.

Want it fully bespoke and private? That is the custom build (Section 6) with a Cowork or self-hosted Hermes agent - hold that until Options 1-3 show you where the gaps really are.

Quick picks by priority

If your priority is...	Pick	Approx. cost
Truly free (\$0)	Google Tasks + Keep + Calendar (or Apple Reminders / MS To Do)	\$0
Cheapest paid with real time-blocking	TickTick Premium + Google Calendar + Keep + Fathom	~\$3-5/mo
All-Apple, no subscription	Things 3 (one-time ~\$80) or Apple Reminders (free)	\$0-80
True 'one inbox' from many sources	Akiflow or Sunsama (+ Fathom, Keep)	~\$19-25/mo
Let AI build my schedule for me	Motion, or Reclaim.ai on Google Calendar	~\$10-19/mo
An assistant that triages and briefs me	Martin or alfred_ (AI chief of staff)	~\$21-25/mo
Capture voice on the go	Plaud NotePin device, or Otter/Fathom app	\$0-179 + app
One workspace for business + personal	Notion (+ automations)	\$0-20/mo
Auto-pull the awkward sources	Any hub + Make.com (or a Cowork morning brief)	+~\$10/mo
A bespoke, private assistant done for me	Custom build on Hermes - see Section 7 spec	\$1.5k-25k + run

What a normal day would feel like

Morning: open one app and see today's appointments and to-dos together. Drag 'review counter-offer' to 11:00, leave 'call contractor' untimed. A voice memo from the car and two meeting action items are already waiting as tasks. Evening: three unfinished items slide to tomorrow automatically; the mortgage payment reminder is set for the 1st. Nothing lives in your head.

2. What you actually need (the checklist)

The seven needs everything in this document is graded against, drawn from how you described your days:

- **One inbox, many sources.** Email, Google Keep, voice notes, meeting recordings and Asana, all landing in a single place.
- **Timed and untimed together.** True appointments (a showing, a doctor visit) alongside 'do today, no fixed time' items.
- **Drag into a time slot.** Drop an untimed task onto the calendar at, say, 2:00 pm and have it show up there.
- **Automatic roll-over.** Unfinished items move to tomorrow unless scheduled for a specific date.
- **Life in lanes.** Real estate, investing, volunteering, family/chores, kids' appointments, payments - separable but visible together.
- **Cross-platform and simple.** Works across Windows, Mac, Android and iPhone; usable without fiddling with settings.
- **Cheap to run.** A few dollars a month over a big commitment, unless a paid tool clearly saves hours.

The honest headline

No single app does *all seven* perfectly. Option 3 is genuinely free (\$0) if you accept more manual upkeep; Option 2 gets ~80-90% for about \$3/month; Option 1 gets ~95% for \$19-25/month. A fully autonomous, all-your-sources system (Section 5) does not yet exist off-the-shelf - it is assembled, or custom-built.

3. The landscape: apps, capture tools and hardware

You will likely combine one **hub** with one or two free **capture** tools (software and/or a recorder device), and only later add **automation** or an **agent**.

Core hubs and planners

Tool	Type	Price (USD)*	Pulls from many sources?	Time-block + auto-rollover?	Best for
Google Tasks + Keep + Calendar	Free stack	\$0	Basic: Gmail star, Calendar only	Calendar slots yes; auto-rollover no	Rock-bottom cost; already in Google
Microsoft To Do	Simple task app	Free	Outlook mail flags, Planner	'My Day' + Outlook calendar; overdue stays	Free option for Windows users
Apple Reminders	Simple task app (Apple)	Free (Apple devices)	Siri capture; Calendar, Mail, Safari	Today smart list (due + overdue); time-block via Apple Calendar	Free hub for all-Apple households
Todoist	Simple task app	Free; Pro \$5/mo annual (\$60/yr)	Email add-ins, calendar view, 100s of app links	Calendar view; overdue carry over, quick reschedule	Simple, powerful, cheap hub
TickTick	Task app + calendar	Premium \$3.99/mo (~\$36/yr)	Email-to-task, 2-way calendar sync	Yes - calendar/timeline slots; overdue carry	Cheapest all-rounder with time-blocking

Tool	Type	Price (USD)*	Pulls from many sources?	Time-block + auto-rollover?	Best for
Things 3	Premium planner (Apple)	One-time ~\$80 (Mac \$50 / iPhone \$10 / iPad \$20); no sub	Manual + calendar feeds; Apple ecosystem	Strong - Today / This Evening; unfinished carry; calendar view	Apple-only, subscription-free planner
Notion	All-in-one workspace	Free; Plus \$10; Business \$20 (AI)	Manual + AI meeting notes (Business) + integrations	Calendar/timeline views; rollover via formulas	One workspace for business + personal
Akiflow	Aggregator / daily planner	\$19/mo annual (\$34 monthly)	Yes - Gmail, Slack, Asana, ClickUp, Todoist, Notion into one inbox	Yes - drag to slot; auto-reschedule unfinished	Unifying many sources fast
Sunsama	Aggregator / daily planner	\$20/mo annual (\$25 monthly); no free	Yes - Asana, Trello, Jira, Notion, Todoist, Gmail, Slack, Teams	Yes - drag to slot; guided shutdown moves work forward	Calm daily-planning ritual
Motion	AI auto-scheduler	Pro \$19/mo (\$12.73 annual)	Tasks + calendar + integrations	AI auto-slots and reshuffles; auto-reschedules missed	Hands-off 'AI builds my day'
Reclaim.ai	AI auto-scheduler	Free; \$10 / \$15 / \$22 seat/mo	Asana, Todoist, Google Tasks, Jira, etc. (needs Google Calendar)	Auto time-blocks tasks + habits; auto-reschedule	Google Calendar users; habits

*USD list prices, August 2026; annual billing where noted. Prices change often - verify before buying.

Capture and automation software (mostly free or cheap add-ons)

Tool	What it does	Price (USD)*
Google Keep	Free notes, checklists and voice memos (auto-transcribed) on Android; reminders sync to Google. Your best free quick-capture on a phone.	Free
Voicenotes / AudioPen	Turn a rambling voice memo into clean text and a pulled action-item list. AudioPen = tidy paragraphs; Voicenotes = fuller mobile voice tool.	Freemium
Fathom	Records and summarizes meetings and pulls action items. Best free software option - unlimited recording.	Free (paid tiers optional)
Otter.ai	Meeting transcription + summaries; bot joins calls.	Free 300 min/mo; Business \$20/user
Fireflies.ai	Records, transcribes, extracts action items, pushes to CRM.	Free (~400 min/team); paid from \$10/user
Make.com	Low-cost automation: 'when X happens, create a task'. ~40x cheaper per action than Zapier.	Free tier; paid from ~\$10/mo
Zapier	The most beginner-friendly automation glue; 7,000+ app connections and AI steps/agents.	Free (100 tasks); Pro \$29.99/mo
n8n	Open-source automation; near-free if self-hosted. For a consultant or the technically adventurous.	Free self-hosted; paid cloud available

Voice-recorder / note-taker hardware (capture » action items)

If a lot of your thinking happens in the car, at showings, or in volunteer meetings, a dedicated recorder beats fumbling for an app. All of these record, transcribe, summarize and pull action items; the weak link is **getting those items into your hub** - usually via Notion/Zapier/Make or copy-paste (see Path C in Section 6).

Device	What it does	Price (2026)*	Gets tasks to your hub by
Plaud NotePin / NotePin S	Wearable pin/clip; records, transcribes, summarizes, 'press-to-highlight'. A Plaud device won Forbes' 2026 Best AI Wearable.	\$159 / \$179 device + app (free tier; Pro ~\$18/mo)	Export summary/action items; route via Notion, Zapier or Make
Plaud Note (card)	Credit-card-size recorder that clips to your phone; same app and AI as NotePin.	~\$159 device + app	Same as above
Bee Pioneer	Always-on, screenless wristband; builds summaries, reminders and to-dos from your day. Bought by Amazon (2025), folding into Alexa.	\$49.99 + ~\$19/mo	In-app reminders/to-dos; Alexa/integrations evolving
Omi	Open-source always-on pendant; community plugins and webhooks - the DIY-friendly option.	\$89	Plugins/webhooks straight to your tools
Limitless Pendant	Always-on recorder. Acquired by Meta (Dec 2025) and no longer sold to new customers - listed for awareness.	n/a (discontinued for new buyers)	-
Phone only (no device)	Otter / Fathom / Voicenotes apps record and extract action items with zero hardware.	Free - \$20/mo	Same routing; nothing to carry

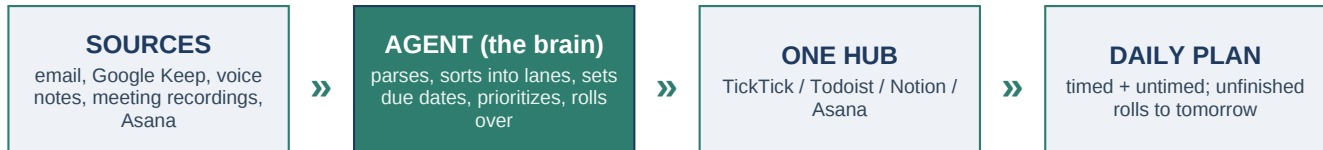
One caveat on always-on wearables

Devices that record all day (Bee, Omi) capture other people too. As a realtor handling client conversations, check your local recording-consent rules before wearing one - some places require all parties to agree. A press-to-record device (Plaud) sidesteps most of this. (General guidance, not legal advice.)

*USD list prices, August 2026.

4. Where agents fit (and should Asana be the hub?)

The single most useful idea in this whole document: **an agent is the brain that routes work - not the hub that stores it**. Whatever you use (a Cowork/Claude agent, a self-hosted Hermes agent, Asana's AI Teammates, or Zapier/Make AI) sits in the same place in the flow:



Filling the 'agent' slot - from easiest to most custom

- **Cowork / Claude agent (easiest, nothing to run)**: connect Gmail, Calendar and Asana and schedule a morning brief that consolidates everything and rolls unfinished items forward.
- **Asana AI Teammates / AI Studio**: if Asana is your hub, these agents live inside it - create tasks, triage intake, summarize, and schedule via Asana's AI calendar.
- **Zapier / Make AI, Notion Agent**: middle ground; agents that live in whichever hub or automation layer you pick.
- **Hermes (Nous Research, open-source, self-hosted)**: the invest/custom brain (Section 6, and the spec in Section 7, Option 3). Runs on your own server, keeps **all data local**, remembers your patterns, and turns recurring jobs into reusable 'skill files' - e.g. 'process a new listing', 'weekly volunteer report', 'quarterly dividends'. Powerful and private, but needs a server and a consultant to set up.

Should Asana be the hub?

Short answer: no - keep Asana as a feeder, not the hub. Asana is built for team project management. It is heavy for quick personal capture, its native time-blocking and daily roll-over are weak, and it is overkill for chores, kids' appointments and errands. Let it flow its tasks into a lighter personal hub instead.

The exception

If your real-estate business already runs in Asana, it is more viable as a hub than it used to be: Asana in 2026 added an AI calendar that schedules tasks around your priorities, plus AI Teammates that create tasks, triage and summarize. So 'Asana + its own agents + personal projects' is a legitimate option - just team-priced and still clunky for family life.

5. Is there a ready-to-go end-to-end system / SaaS?

Honest answer: not one that is simple, cheap, and covers all your sources plus family life. The category racing toward it is the 'AI chief of staff' / 'AI executive assistant'. These read your email and calendar, triage, extract tasks, and hand you a morning brief - some will even text or call people for you. What they still miss for your situation: recording meetings and voice memos themselves, deep Asana and family/chores coverage, and they are newer and email-centric.

Closest contenders	What it is	Price (USD)*	Gap for your use
Motion	AI builds and defends your daily schedule.	\$19/mo	Weak at pulling from Keep, voice memos and arbitrary sources
Akiflow / Sunsama	Unify tasks from many apps into one planner.	\$19-20/mo	You still wire up capture; they do not record meetings or voice
Martin	Voice-and-text 'chief of staff' in your phone; inbox, calendar, even calls.	\$21/mo (Pro \$30)	Email/calendar-centric; limited Asana/family coverage; newer
alfred_	AI executive assistant: inbox triage, task extraction, daily brief.	\$24.99/mo	Same email-first focus; not a full life hub
Lindy	Build your own autonomous AI assistants/agents.	From \$49.99/mo (credit-metered)	Powerful but more technical; usage cost varies

*USD list prices, August 2026.

Verdict

The closest thing to 'one system' today is an **AI chief-of-staff app** (Martin ~\$21/mo or alfred_ ~\$25/mo) acting as the brain over your email and calendar, **paired with** a task hub and a capture device for voice/meetings. A single system that truly covers *all* your lanes - business and family - still means the **custom build**: start with the Cowork agent now, graduate to a self-hosted Hermes agent if you invest (Sections 6-7).

6. The paths in full, and the custom-build option

Options 1 and 2 up front are the short version of Paths A-C below. Here is the depth, including the automation layer (C) and the custom build (D).

Path A - Off-the-shelf, cheapest (this is Option 2's hub)

One hub (TickTick or Todoist) + Google Calendar + Google Keep + Fathom. Covers one list, timed + untimed, drag onto calendar, overdue carry-over, labels per lane. ~\$3-5/month; an afternoon to set up. Apple users can use **Things 3** (one-time ~\$80) or **Apple Reminders** (free) as the hub. **Cheaper still (Option 3):** a fully free stack - Google Tasks/Keep/Calendar, Apple Reminders, or Microsoft To Do - at \$0, giving up reliable auto-rollover and doing more by hand.

Path B - The 'one place' aggregator (this is Option 1's hub)

Akiflow or Sunsama connects Gmail, Asana, Calendar and Slack into one inbox you time-block, with auto roll-over; or Motion to let AI build the day. ~\$19-25/month; low effort with guided onboarding. Trade-off: monthly cost, and odd sources may still need Path C.

Path C - Add light automation (and/or an agent) to catch the stragglers

Keep your hub and add **Make.com** (cheap), **Zapier**, or a **Cowork morning-brief agent** to funnel sources that don't connect natively:

- New Gmail labelled 'todo' -> create a dated task.
- New Google Keep note or reminder -> create a task.
- Voice-note or recorder transcript (Voicenotes / Plaud / AudioPen) -> create a task.
- Meeting action items (Fathom / Otter / Fireflies) -> create tasks.
- 'Payment due' email -> a dated, recurring payment task.

Cost: Make from ~\$10/mo, Zapier Pro \$29.99/mo, n8n near-free self-hosted, the Cowork agent nothing to run. Effort: medium - the first point where an hour or two of help pays off.

Path D - Build something custom (invest)

Worth it only if A-C still leave too much manual glue, or you want a bespoke assistant tuned to your real-estate-plus-family life. **What it really is:** not a brand-new app, but a thin pipeline - *capture* » *AI tidies it into a task* » *single store* » *daily planner* - on top of tools you already use, with a Cowork/Claude or self-hosted Hermes agent as the brain.

- **No-code build by a freelancer** (Make/Zapier + Notion/Todoist + AI): ~\$1.5k-5k one-time, plus ~\$20-60/month to run.
- **Custom lightweight app / agent** (developer-built, hosted, e.g. on Hermes): ~\$8k-25k to build, plus ~\$30-150/month hosting and AI usage.
- **Optional ongoing support:** a retainer of ~\$200-800/month - only if you want it.

Reality check

Most people never need Path D. Try Option 2, then Option 1, then a little of C. Commission a custom build only once you can name the *exact* manual steps that still hurt - that clarity is what makes the consultant's quote accurate and the result useful.

7. Spec to hand a tech consultant

Copy everything below into an email or brief. It is written so a freelancer or agency can quote accurately, and so you can tell a good proposal from an over-built one.

7.1 Objective

Give me a single, phone-friendly daily task system that automatically collects tasks from my email, notes, voice memos, meeting recordings and Asana; lets me mark items as timed or untimed and drop them into calendar slots; and rolls unfinished, undated items to the next day automatically. I am non-technical; it must be simple to run and cheap to maintain.

7.2 Users and context

- Primary user: me - realtor and real-estate investor, community volunteer, parent managing a family calendar. Possibly one assistant/family member as a second user later.
- Devices: Android and iPhone, Windows and Mac, web - must be cross-platform.
- Life-lanes to keep separable but visible together: Real estate, Investing, Volunteering, Family/Chores, Kids' appointments, Payments.

7.3 Sources to integrate

- Email (Gmail) - flagged/labelled messages become tasks.
- Google Calendar - two-way; timed tasks appear as events.
- Google Keep - notes/checklists/voice memos become tasks.
- Voice notes app or recorder device (Voicenotes / AudioPen / Plaud / Bee / Omi) - transcript and action items become tasks.
- Meeting recorder (Fathom / Otter / Fireflies) - action items become tasks.
- Asana - existing projects/tasks flow into the same list.
- Optional later: WhatsApp/SMS quick-capture; bank/bill 'payment due' emails.

7.4 Functional requirements

- R1 - Unified list: one view of all tasks regardless of source, each linking back to its origin.
- R2 - AI parsing: turn messy inputs into a clean task with title, due date, time (if any), life-lane, priority and source link.
- R3 - Timed vs untimed: mark either; assign a time slot; two-way calendar sync.
- R4 - Daily 'Today' view with drag-to-slot planning.
- R5 - Auto roll-over: incomplete, undated tasks move to the next day; dated tasks stay; overdue clearly flagged.
- R6 - Reminders: push notifications; optional SMS/WhatsApp for critical items.
- R7 - Life-lanes: label/filter by the six lanes above.
- R8 - Payments: recurring payment tasks with due dates and reminders.
- R9 - Morning brief + evening shutdown: a consolidated 'today' summary each morning and a note of what rolled over each evening.

- R10 - Simplicity: phone-first, minimal training, nothing I have to code or maintain.

7.5 Data model (each task)

title; notes; source (email/keep/voice/meeting/asana/manual); source_link; life_lane; priority (P1-P3); is_timed (yes/no); date; start_time; duration; status (todo/doing/done); recurring_rule; reminder(s); created_at; rolled_over_count.

7.6 Non-functional requirements

- **Privacy and security:** this touches client and family personal data. Require encryption in transit and at rest, least-privilege OAuth, and a clear list of where data is stored. If Canada-based, ask the consultant to note PIPEDA considerations and prefer Canadian or otherwise reputable data regions. A self-hosted agent (Hermes) keeps data on your own machine. If any always-on recorder is used, confirm recording-consent handling. (Not legal advice.)
- **Ownership:** I own all accounts, data and any code. No lock-in; data must be exportable.
- **Reliability and low maintenance:** runs unattended; fails quietly and alerts me; monthly running cost capped (e.g. under \$60/month).
- **Cost transparency:** itemize one-time build vs ongoing subscription/AI/hosting costs.

7.7 Suggested approach (buy-and-assemble first)

- **Option 1 (recommended MVP):** existing planner (Akiflow/Sunsama/TickTick/ToDoist) as the task store + Make/Zapier (or n8n) to connect sources + an AI step (Claude) to parse messy inputs + a scheduled daily brief/roll-over. Fastest, cheapest, easy to hand over.
- **Option 2:** Notion as the store + automations + Notion AI/agent for parsing and briefs.
- **Option 3 (private/custom):** a lightweight app whose brain is a **self-hosted Hermes agent** (Nous Research) for persistent memory and local data - or Claude via API. Most capable and most private; reserve for clearly-justified needs.

Indicative stack: Make.com or n8n; Google Workspace APIs (Gmail, Calendar, Keep/Tasks); task-store API (ToDoist/Notion/Asana); Whisper or similar for transcription; Claude or a self-hosted Hermes agent for parsing/prioritization; push notifications, with Twilio/WhatsApp for critical alerts.

7.8 Phasing and acceptance

- **Phase 0 - Discovery (0.5-1 week):** confirm sources, accounts, the six lanes, success metrics.
- **Phase 1 - MVP (1-2 weeks):** one hub + Gmail + Google Calendar + Asana + auto roll-over + morning brief. *Accept when:* a labelled email and an Asana task both appear as tasks, an unfinished undated task rolls to tomorrow, and I get a correct morning list.
- **Phase 2 - Capture (1-2 weeks):** voice notes/recorder + meeting action items + Google Keep + payment tasks + reminders. *Accept when:* a voice memo and a meeting's action items become tasks with the right due dates, and a recurring payment reminder fires.
- **Phase 3 - Handover (a few days):** polish, a one-page 'how to use', a short screen-recording, 30 days of support. *Accept when:* I can operate and lightly change it without the consultant.

7.9 Deliverables

A working, documented setup; a one-page user guide; a short walkthrough video; a plain-language list of every account/automation and its cost; and 30 days of post-launch support.

7.10 How to vet a consultant (and red flags)

- **Good signs:** shows past automations; happy to build on your existing apps; explains trade-offs in plain English; itemizes costs; plans for your ownership and easy handover.
 - **Red flags:** jumps straight to a big custom app; no data-privacy plan; vague pricing; locks you in; can't explain it simply.
 - **Ask them:** 'What is the cheapest version that meets R1-R5?' and 'What happens to my data and can I export it?'
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8. Sources and disclaimer

Pricing and features verified via web research in August 2026. List prices in USD unless noted; subscription prices change frequently - confirm on each vendor's site before purchasing. This document is practical guidance, not legal, financial or security advice.

- Akiflow / Sunsama / Motion / Todoist / TickTick / Notion pricing - morgen.so, get-alfred.ai, lifestack.ai, usecarly.com
- Reclaim.ai - clickup.com/learn/topic/productivity/tools/reclaim; aitoolradar.io/guides/reclaim-ai
- Zapier / Make - lindy.ai/blog/zapier-pricing; usecarly.com/blog/zapier-pricing
- Meeting tools - zapier.com/blog/best-ai-meeting-assistant; granola.ai (pricing comparison)
- Voice notes - speakwiseapp.com/blog/voicenotes-ai-vs-audiopen; voicenotes.com
- AI chief-of-staff (Martin, alfred_, Lindy) - get-alfred.ai/blog/best-ai-chief-of-staff-tools; usecarly.com; aiagentslist.com/agents/martin
- Voice hardware (Plaud, Bee, Omi, Limitless) - forbes.com (best AI wearables); plaud.ai; omi.me/blogs/ai-note-takers/plaud-pricing; umevo.ai
- Apple options - ellieplanner.com/productivity-copilot/things-3-pricing; geeky-gadgets.com (Apple Reminders 2026 guide)
- Free Google stack + calendar time-blocking - chromeunboxed.com; tasksboard.com/blog/time-blocking-guide
- Asana AI - asana.com/resources/ai-teammates-overview; asana.com/product/ai/ai-studio
- Hermes agent (Nous Research) - hermes-agent.org; digitalocean.com/resources/articles/what-is-hermes-agent