

NERD 365



~~APP-~~ A Year of
Opportunities
to Upgrade Your Life



BETH ZIESENIS
YOUR NERDY BEST FRIEND

Nerd365

A Year of APP-ortunities to Upgrade Your Life

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Special discounts are available on quantity purchases by corporations, associations and others. For details, contact the publisher at the address below.

ISBN: 978-1-7341834-2-9

Printed in the United States of America

Your Nerdy Best Friend Ink
Avenue Z, Inc.
11205 Lebanon Road #212
Mt. Juliet, TN 37122
yournerdybestfriend.com

Table of Contents

Introduction 1

Writing This Book Surprised Me 2

Introducing Find Your Inner Nerd Day 3

Check Out the Online Calendar 5

Resources for Notable Holidays 6

Stay Organized 9

Task Management 10

Pick Just One Task 10

Start a Bullet Journal 10

Organize Your To-Dos to Stay on Track 11

Tracking and Inventory 12

Put Your Affairs in Order 12

Track Your Packages 14

Declutter Your Office 14

Note Taking and Sticky Notes 15

Organize Your Sticky Notes 15

Organize Your Random Notes and Research 16

Capture Handwritten Notes from a Real Notebook 17

Save Favorite Articles to Read at Your Convenience 17

Map Out a New Plan 18

Stay Focused 19

Distraction Management 20

Take Back Your Time 20

Dive into Deep Work 21

Block Out Your Distractions 21

Put Your Phone Away 22

Time Tracking 23

Be Honest About Where Your Time Goes 23

Countdown to Important Dates 24

Automation 25

- Automate the Little Tasks 25
- Create Automations on Your
Mobile Devices 26
- Let Artificial Intelligence Plan
Your Schedule 26

Outsourcing 27

- Find an Extra Set of Hands 27
- Find Skilled Help for Home and Work 28
- Get a Real Human on the Phone for
Customer Service 28

Stay Safe 29**Passwords and Security 30**

- Check to See If Your Email
Has Been Breached 30
- Upgrade Your Passwords 31
- Protect Your Computer from
Malware and More 32

Privacy 32

- Learn How to Surf Safer 32
- Protect Your Digital Data 33
- Increase Your Cybersecurity Smarts 34
- Ask Your Private Questions in Private 34

Robocalls and Phone Scams 35

- Register Your Phone Number on the Do
Not Call List 35
- Flip the Tables on Phone Scammers 36

Be Efficient 37**Office Software 38**

- Discover Free Software 38
- Find the Right Tech Tool for
Your Small Business 39
- There's an App (Day) for That! 39
- Upgrade Your Spreadsheets 40
- Bring Data to Life 40

Email Tools 41

- Work Toward Inbox Zero 41
- Manage Your Inbox with
Snooze Features 42
- Go Through Your Virtual Junk Drawers
One More Time 43
- Use Disposable Email Addresses to
Protect Your Privacy 44

File Management 45

- Convert Your Files to a New Format 45
- Share Files from One Device to Another 45
- Back Up Your Computer and Files 46
- Find Your Duplicate Files 48
- Stop the Frantic Searches for the Files You
Need for Today's Meeting 48

Utilities 49

- Discover If a Website Is Down 49
- Autofill Your Cookie Consent 50
- Check Your Internet Speed 51
- Get All Your Computer Details Instantly 51
- Send a Free Fax Online 52

Communicate Clearly 53
.....**Writing 54**

- Let Artificial Intelligence Write for You 54
- Fix Your Grammar 55
- Revel in Rhymes and Play with Words 56
- Compose on an Old-Fashioned Typewriter 56
- Have an Awesome, Stupendous, Magnificent Day 57

Connecting 58

- Reach Out in the New Year 58
- Personalize Your Communication 59
- Write a Better Email 60
- Write Your Thank You Notes 60

Collaboration 61

- Organize Your Meetings to Save Time and Stress 61
- Celebrate (and Corral) Your Volunteers 62
- Collaborate Better with Long-Distance Colleagues 63
- Manage Your Projects 64

Contact Management 66

- Expand Your Professional Circles 66
- Clean Up Your Contacts List 66
- Remember People's Names 67
- Find Out What Makes Your Contacts Tick 67

- Figure Out Where Your Contacts Hang 68

- Find Emails for New Connections 68

Meet Better 69
.....**Online Meeting Tools 70**

- Host Asynchronous Meetings 70
- Put a Little Zip in Your Zoom 71
- Try an Online Video Tool that Isn't Zoom 72
- See Your Connections Face to Face 72
- Use an AI Helper to Take Notes for You 73

Meeting Engagement 74

- Start Your Next Zoom Meeting with an Icebreaker 74
- Host a Scavenger Hunt 74
- Add More Fun to Your Online Meetings 75
- Share Images with Guests at an Event 75

Presentations and Training 76

- Create a How-To 76
- Hire an AI Speech Coach 77
- Become a Better Presenter 77
- Nail Your Speech in One Take with a Free Teleprompter 78

Think Bigger 79

.....

Resumes and Careers 80

- Upgrade Your Resume and Get Noticed 80
- Create a Home Base for All of Your Links 81
- Capture Testimonials 81
- Get Your Resume in Order 82
- Grow Your Business Knowledge and Career Skill Sets 83

Branding and Naming 84

- Brainstorm New Names for Products, Events and Companies 84
- See If Your Username Is Unique 85
- Update Your Profile Pic 85

Vision and Goals 86

- Envision Your Future 86
- Start a Journal 87
- Restructure Your Next Steps 88

Create Something 89

.....

Image Management 90

- Organize Your Images 90
- Clean Up Your Pictures 91

- Bring Old Photos Back to Life 92
- Digitize Your Old Photos 93

Design Templates 94

- Add a Twist to Your Social Media Graphic Templates 94
- Instantly Update Your Graphics 96

Design Tools 97

- Let AI Help Your Sketching Skills 97
- Generate Fake Faces 98
- GIF Yourself 99
- Try Out Some New Color Schemes 99
- Grab a GIF from Any YouTube Video 100
- Make Your Own Cartoons 101
- Discover a New Font 102

Video 103

- Dramatically Speed Up Your Video Editing 103
- Clone Your Voice 104
- Make a Funny Movie 105
- Illustrate Your Points with Sketchnotes or Whiteboard Videos 106
- Add Captions to Your Videos 107
- Animate Your Messages 108

**Royalty-Free Images, Audio
and Video 109**

- Discover Interesting, Unusual and Gigantic
Royalty-Free Asset Collections 109
 - Bigger Collections* 110
 - Icons* 110
 - Photos* 111
 - Illustrations* 112
 - Audio* 113
 - Video* 113
- Put on a Smiley Face 114

Spend and Save 115
.....**Travel 116**

- What's Next? Beach or Mountains? 116
- Change Your View Without
Leaving Home 117
- Meet Your Family for Dinner 117
- Plan a Road Trip 118
- Track Your Mileage Automatically 119

Shopping 120

- Trust But Verify... Everything 120
- Support Black-Owned Businesses 121
- Save Money on Prescriptions 121
- Find the Best Airfare 122

Budgets 123

- Set Up a Budget 123
- Share Expenses with Friends 124
- Find a New Accounting Tool 124
- Squirrel Away Money Without
Knowing It 125
- Keep Track of Your Subscriptions 126

Learn and Grow 127
.....**Learning and Homework 128**

- Spend the Day Learning 128
- Absorb Knowledge Five Minutes
at a Time 129
- Solve a Math Problem Without
Doing Math 130
- Calculate and Research Weird
but Helpful Stuff 131

Language and Listening 132

- Grow Your Foreign Language Vocabulary
While You Surf 132
- Text Like a Digital Native 133
- Listen and Learn on an Audio-Only
Social Platform 133

Research 134

- Check Facts and Find Resources 134
- Seek Out Balanced Articles Online 135
- Check Out Older Versions
of Web Pages 136

Expand Your World 137**Arts and Culture 138**

- Take a Cultural Trip Around the World 138
- Explore the Ocean Depths (and Waste Some Time) 139
- Enjoy Unusual Art 140
- Discover an Old Map 140
- Travel Into the Past with Old Newspapers 141

Books and Reading 142

- Pick Out a Great Book Then Tidy Up Your Bookcase 142
- Enjoy Your Local Library 143
- Pick Up a Good (E)Book 143
- Listen to a Great Book 144
- Grab a Free Comic Book 145

Nature and Outdoors 146

- Look for the Rainbows 146
- Say Thanks to Your Aloe Vera 146
- Enjoy the Great Outdoors 147
- Gaze Upon the Stars 148
- Visit a National Park 148

Manage and Maintain 149**DIY and Maintenance 150**

- Upgrade Your DIY Skills 150
- Use an App to Measure Spaces and Objects 151
- Find the Part Replacement for Your Fridge Light Bulb 152
- Get Out Those Stubborn Stains 152
- Throw Out the Old Mayo 153
- Accessorize Your Yoga Pants 153

Family Management 154

- Keep an Eye on Your Family 154
- Bring Your Family Together 154
- Help Your Caregivers Stay Organized 155
- Get Help for Military Families 156

Stay Healthy 157**Health 158**

- Diagnose That Sniffle 158
- Capture All the Details from a Doctor's Visit 159
- Help Your Nerdy Friends Step Away from the Computer 159
- Check Your Skin 160
- Burn Calories at Your Desk 161

Emergency and First Aid 162

- Brush Up on Your First Aid Skills 162
- Prepare for Emergencies 163

Self-Care and Mental Health 164

- Retreat and Recover 164
- Take a Deep Breath 164
- Get a Good Night’s Sleep 165
- Take a Power Nap 166
- Work Through Challenges with an AI Therapist 167
- Let Go of Negative Thoughts 168

Pets 169

- Take a Walk with Your Pups 169
- Help Your Pet in an Emergency 170
- Find Dog-Friendly Businesses 170

Do Good Things 171
.....

Charity and Doing Good 172

- Be Kind. Do Kind Things. 172
- Help Stop Human Trafficking 173
- Share a Great Book 174
- Pay It Forward 175
- Write a Real Letter 176
- Waste Time for a Good Cause 176

Donations and Recycling 177

- Donate Your Old (But Good) Stuff 177
- Go Shopping with Your Gift Cards 177
- Recycle and Repurpose Your Old Devices 178

Environment 179

- Turn Off the Lights 179
- Get Out Your Binoculars 180
- Clean Out Your Physical Mailbox 181
- Take Small Steps to Help the Planet 181
- Save on Paper and Ink 182

Enjoy Life 183
.....

Food and Beverages 184

- Figure Out What’s for Dinner 184
- Pop the Cork on Your Favorite Wine 185
- Keep Track of Your Favorite Microbrews 185
- Celebrate Your Favorite Mixologists 186

Entertainment 187

- Grab the Remote and the Popcorn 187
- Remove Ads and Suggested Videos 188
- Add Controls to Your YouTube Viewer 189

Music 190

- Make a Mixtape 190
- Conduct Your Own Orchestra 191
- Make Music with Your Words 191
- Type To Play Jazz 192
- Type To Drum 192
- Mix Some Old School Beats 193
- Compose Masterpieces with
the Masters 194

Fun and Games 195

- Play a Vintage Video Game Online 195
- Play a Game of Solitaire 195
- Find Your Inner Child with Legos 196
- Exchange Paper Planes with
People Around the World 196

Quick Reference Guide 197
.....**App Index 231**
.....**All the Holidays 237**
.....

Manage and Maintain



DIY and Maintenance	150
Family Management	154

Family Management

Keep an Eye on Your Family

.....

Google Family Link

Free Parental Control Tool
from Google

[families.google.com/
familylink](https://families.google.com/familylink)

Life360

Family Tracking App
life360.com

Every time you try to plot your family members' whereabouts, you're celebrating National Cat Herders Day, whether it's December 15 or not.

Google Family Link is a free parental control tool for devices, content and finding family members. **Life360** has the same types of features. I prefer not to call them "stalking" tools... but that's what they are.



DECEMBER 15

National
Cat Herders Day

Bring Your Family Together

.....

MyEvent

Family Reunion (and More)
Event Manager

myevent.com

One of the toughest challenges of the pandemic was the isolation. Families and groups miss each other, which has caused a spike in personal travel.

Celebrate National Family Reunion Month in July by using **MyEvent** to create a website, collect registration fees, set up a family tree and organize activities.



JULY

National Family
Reunion Month

Help Your Caregivers Stay Organized

If you provide care for a loved one, you have my respect. Providing care and support to others while you juggle your own life's tasks is one of the most generous and toughest jobs you'll ever have.

The third Friday in February is National Caregivers Day. Caregivers can get support from their communities and coordinate the tasks, errands, updates and calendars of the people they care for by creating caregiving circles with **Caring Village** and **CircleOf**. And when neighbors reach out to ask, "What can I do to help?", you can coordinate meals and more with **Lotsa Helping Hands**.



Caring Village

Caregiving Platform with Product Recommendations and Checklists

caringvillage.com

CircleOf

Free App for Unpaid Caregivers

circleof.com

Lotsa Helping Hands

Community Organizing Tool for Meals and Help

lotsahelpinghands.com



FEBRUARY

National Caregivers Day

Third Friday in February

Get Help for Military Families

Hero Care

Red Cross Resource App for the Military Community

Text "GETHEROCARE" to 90999



NOVEMBER 11

Veterans Day

My husband is a veteran, and November 11, Veterans Day, is one he holds sacred. People in the military and their families can struggle to get the help they need for the unique circumstances that surround the challenges of military service.

The American Red Cross' **Hero Care** app lets families set up and submit an emergency request no matter where in the world service members are stationed. The app also highlights other Red Cross military assistance services, plus offers links to VA facility locations, benefits, mental health resources and career info.

Stay Healthy



Health	158
Emergency and First Aid	162
Self-Care and Mental Health	164
Pets	169

Health

Diagnose that Sniffle

.....

Ada

AI-Powered Medical
Advisor App
ada.com

AskMD

Medical Care and Follow Up
sharecare.com/static/askmd



FEBRUARY

National Sickie Day

First Monday
of February

In the U.K., the first Monday of February is the day more workers call in sick.

You could Google what could be causing your hacking cough. Wouldn't it be nice if someone followed up in a few days to see if you're doing better? AskMD from Sharecare does just that.

Ada is powered by artificial intelligence, the result of many, many data points about your symptoms and the possible outcomes. I like that both will encourage you to check back in so the system can keep monitoring your improvement.

Both AskMD and Ada guide you through a series of questions to narrow down the choices. Then they both lead to guidance toward treatment, whether it is something you can do yourself or if you need to seek advice from medical professionals.



Capture All the Details from a Doctor's Visit

The second Tuesday in June is Call Your Doctor Day, but sometimes conversations about our health are hard to comprehend and harder to get all the details from.

I so wish I had a tool like **Abridge** during my mother's eight-year battle with cancer. Take the app to your medical appointments. It records the conversation and uses AI to extract and define the medical jargon, diagnoses and medication. It will track your health and help you keep up with important information without having to take notes and listen at the same time.

Abridge

Recording Tool for Medical Visits to Decipher Treatments, Medications and Diagnoses
abridge.com



JUNE

Call Your Doctor Day

Second Tuesday in June

Help Your Nerdy Friends Step Away from the Computer

Some of us nerdy types don't get much sun because we're glued to our hobbies indoors. National Hike with a Geek Day on June 20 encourages people to grab their nerdy friends by the elbow and force them into the sunshine.

If your geeky friend has allergies like mine, look up the day's pollen count with the allergy app **klarify** before you leave the house. Achoo!

klarify

Allergy Tracker with Real-Time Pollen Updates
klarify.me



JUNE 20

National Hike
with a Geek Day

Check Your Skin

Miiskin

Mole-Tracking App

miiskin.com

SkinVision

Skin Check Tool with

AI Analysis for Risk

Level Assessment

skinvision.com

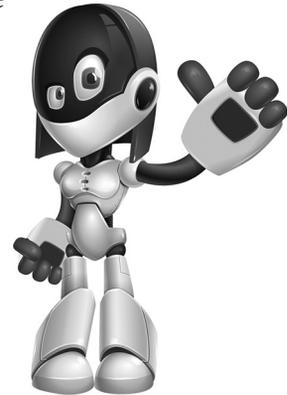


JUNE

**Beautiful in Your
Skin Month**

June is Beautiful in Your Skin Month. Not only is it a reminder for us to feel confident about our features and forgive our flaws... it's also a great opportunity to check your skin for potential problems.

Miiskin and **SkinVision** are apps that help you track moles and skin abnormalities while we work with dermatologists to keep our skin healthy.



Burn Calories at Your Desk

Hypocrite alert!

As I write about National Move More Month (April), I realize I've been sitting in this chair for 5.3 hours straight. Don't be like me. Give these fitness tools a try.

Wakeout was the Apple App of the Year in 2020. I vowed to limit the tools in this book to ones that you can find on at least two platforms (Apple, Android, PC, web, etc.). But I feel obliged to include Wakeout because I bought it specifically for the marathon writing sessions for this book. Plus, the site gives you a bunch of samples, so perhaps that counts as web-based access?

Wakeout is designed to help you get little bursts of movement in your home office, and I love it. From the kitchen-based “Fridge Scan Squats” to the seated “Coffee Worship” arm bends, the little exercises will make you move and smile.

If you're not an Apple fan, **MyFitnessPal** has millions of loyal followers for activity and calorie tracking.

MyFitnessPal

Powerful Fitness and Nutrition Tool
myfitnesspal.com

Wakeout

Short Movement Exercise App Designed for Desk Workers (iOS)
wakeout.app



APRIL

National Move More Month

Emergency and First Aid

Brush Up on Your First Aid Skills

.....

Red Cross First Aid App

App for Training and Advice for First Aid

Text "GETFIRST" to 90999

Red Cross First Aid Smart Speaker Tool

Smart Speaker First Aid Advice and Training

Enable on Alexa or Google Assistant

World First Aid Day is the second Saturday in September to raise awareness of how first aid can save lives and to encourage people to learn first aid skills. Start your first aid studies by downloading the **Red Cross First Aid** app, then enable the skill on your smart speakers.



SEPTEMBER

World First Aid Day

Second Saturday in September

Prepare for Emergencies

I moved from earthquake country in San Diego into tornado territory in Tennessee. We keep flashlights, emergency supplies, shelf-stable foods and other emergency essentials at hand. These are some of the steps that the U.S. government's site **Ready** recommends. Every September the campaign urges people to prep during National Preparedness Month.

Check out the site for resources to make your plan for everything from helping people with disabilities to mapping evacuation routes. They recommend the **FEMA App** for emergency alerts, safety tips, shelter resources and planning.

Another tech tip: find the precise location of every 3 x 3-meter square in the world with **what3words**. Every square is identified by three words, which means if you followed directions to `dudes.celebration.retract`, you'd end up at Charlie Daniels Park, the best place in my town to play Pokémon Go. This not only helps you find friends at a festival... it also can help emergency services find you or let you locate a location after a natural disaster when all the landmarks are gone.

FEMA App

FEMA's Mobile Resources for Emergency Preparedness and Help

fema.gov

Ready

U.S. Government Site for Disaster Preparedness and Resources

ready.gov

what3words

Precise Location System for Every 3-Meter Square in the World

what3words.com



SEPTEMBER

**National
Preparedness Month**

Self-Care and Mental Health

Retreat and Recover

SoundPrint

Sound-Level Measuring App
that Helps You Find Quiet
Places to Work
soundprint.co

After New Year’s Day, we introverts need a nap. That is why you’ll find us in a corner somewhere quietly celebrating World Introvert Day on January 2.

Find a quiet place to recover with **SoundPrint**, an app that measures noise levels in public places and recommends quiet spots. Apple Watch owners also have a noise level monitor built in.



JANUARY 2

World Introvert Day

Take a Deep Breath

Breathe from Calm

Site for Deep
Breathing Exercises
calm.com/breathe

Stress Awareness Month comes every April to bring attention to the effects of stress and ways to find relief.

The meditation tool Calm created a simple page called **Breathe** that guides you through a few calming deep breaths. If you want to customize your breath exercise, check out **eXHALeR**.

eXHALeR

Customizable Breathing
Exercises Online
xhalr.com



APRIL

Stress
Awareness Month

Get a Good Night's Sleep

January 3 is the Festival of Sleep Day. I have some bad news for those of us who like sleep apps, though. Studies have found that few apps that claim to help you monitor your sleep are tested scientifically. And the ones that have show weak correlation to standard sleep tests.

Instead of a sleep app, try mediation podcasts/services like **10 Percent Happier**, **Calm**, **Headspace** and **Insight Timer** to help you disconnect from the world and get better sleep. I'm a huge fan of **Sleep Meditations for Women**.

10 Percent Happier

Positive Podcast for Help with Self Care

tenpercent.com

Calm

Mediation and Sleep Tools

calm.com

Headspace

Another Meditation and Sleep Tool

headspace.com

Insight Timer

Meditation and Sleep Platform with Free Options

insighttimer.com

Sleep Meditations for Women

Free Meditations and Sleep Help Focused on a Female Audience

womensmeditationnetwork.com



JANUARY 3

Festival of Sleep Day

Take a Power Nap

Pzizz

Sleep Management App

pzizz.com



MARCH

**National
Napping Day**

The First Monday after
Daylight Savings



MARCH

**Sleep
Awareness Week**

Week Beginning
Daylight Savings

The Monday after we lose an hour of sleep for daylight savings time is National Napping Day, and the National Sleep Foundation’s Sleep Awareness Week.

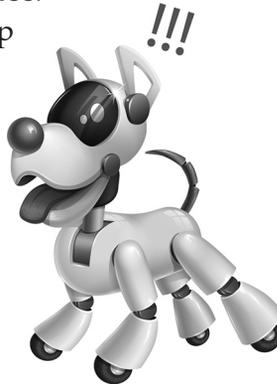
NASA found that pilots who power nap for 26 minutes improve performance and alertness. Try the award-winning **Pzizz** app or just set your phone timer for a few minutes of daytime shuteye to recharge.

Work Through Challenges with an AI Therapist

May is National Mental Health Awareness Month. Download the **Woebot** app to let artificial intelligence help with your anxiety, negative thinking, “stuck-ness,” relationship management and more. It’s not quite as weird as it sounds, and it’s free.

Intellect is an award-winning app that uses the same AI principles.

And **Wysa** has positive reviews as well.



Intellect

AI Mental Health
Guidance Counselor

intellect.co

Woebot

Artificial Intelligence Mental
Health Chatbot

woebothealth.com

Wysa

AI-Powered Therapy Bot

wysa.io



MAY

**National
Mental Health
Awareness Month**

Let Go of Negative Thoughts

Pixel Thoughts

60-Second Mindfulness Break that Visualizes Your Stresses Floating Away

pixelthoughts.co

Scream into the Void

Stress Break and Anger Management Tool in One

screamintothevoid.com

The third Saturday in July is Toss Away the “Could Haves” and “Should Haves” Day, a reminder to let go of the little voices inside of us who say we should be doing more.

Two fun sites will help put your challenges into perspective: **Pixel Thoughts** and **Scream into the Void**. Both sites let you secretly share a frustration, but they have very different ways of helping you let the negative thought go. I won't spoil the fun by revealing their methods. Give them a try when you're overwhelmed.



JULY

Toss Away the “Could Haves” and “Should Haves” Day

Third Saturday in July

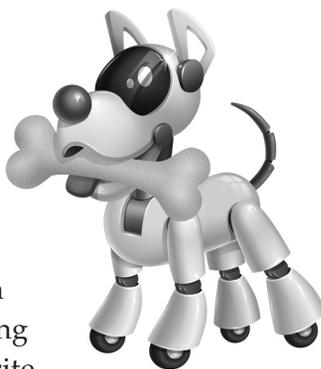
Pets

Take a Walk with Your Pups

Let me see if I have this straight: February 22 is National Walking the Dog Day, but Walk Your Dog Month is January. And then National Walk Your Dog Week is the first week of October.

Well, that should cover the simple act of finding the leash, calming the dog down enough to clip to the collar and starting down your driveway for a brisk walk with your pup.

Whichever date you celebrate, do it with **WoofTrax**. Dogs need walks. Animal shelters need donations. Doesn't it make sense to link these two needs? WoofTrax lets you turn your afternoon puppy outings into fundraising opportunities for your favorite shelters.



WoofTrax Walk for a Dog

Activity Tracker that Benefits Animal Shelters

wooftrax.com



JANUARY

Walk Your Dog Month



FEBRUARY 22

National Walking the Dog Day



OCTOBER 1-7

National Walk Your Dog Week

Help Your Pet in an Emergency

Red Cross Pet First Aid

App for Emergency Treatment for Animals

Text "GETPET" to 90999



APRIL

National Pet First Aid Awareness Month

April is National Pet First Aid Awareness Month. There's an app for that: **Red Cross Pet First Aid**.

This app helps you identify and evaluate pet emergencies with questions to determine what's wrong and step-by-step advice on first aid. It's like having a veterinary hot-line at your fingertips.

Find Dog-Friendly Businesses

BringFido

Directory of Pet-Friendly Businesses

bringfido.com



JUNE

Take Your Dog to Work Day

Friday after Father's Day

Woof! June 24 is Take Your Dog to Work Day, and anyone who celebrates this holiday will also love **BringFido**, a directory of dog-friendly hotels, restaurants and other businesses.

Holidays and the NerdHerd

You've made it to the end of the book! Congratulations. My husband never reads my books because, as he says, they don't have a plot.

The True Meaning of Nerd365

The title of this book is "Nerd365: A Year of APP-ortunities to Upgrade Your Life," and I want to help you plan out your year no matter when you start this book. This section includes a month-by-month guide to occasions that match up with the tech tips and tools.

But wait! There's more.

This QR code brings you to the calendar page on our site where you can check out the calendar and all the tips. You can even subscribe to Nerd365 to put the tips on your personal calendar.

Celebrate the NerdHerd

This section also contains the names of all the people who pre-ordered this book, affectionately known as my NerdHerd. They are listed in their birthday months, but I celebrate them all year long.



January

Day by Day

- 1** Public Domain Day *109*
- 2** World Introvert Day *164*
- 3** Festival of Sleep Day *165*
- 9** National Word Nerd Day *56*
- 10** Houseplant Appreciation Day *146*
- 10** National Cut Your Energy Costs Day *179*
- 11** World Sketchnote Day *106*
- 13** Make Your Dreams Come True Day *86*
- 14** Organize Your Home Day *152*
- 18** National Thesaurus Day *57*
- 23** National Handwriting Day *17*
- 23** National Reading Day *143*
- 25** National Opposite Day *36*
- 28** Data Privacy Day *33*
- 28** International Lego Day *196*
- 31** National Backward Day *45*

All Month

- National Clean Up Your Computer Month *90*
- Walk Your Dog Month *169*
- National Slavery and Human Trafficking Prevention Month *173*



January

Here and There

First Day of Month	National Journal Writing Month 87
Second Full Week	Universal Letter Writing Week 58
Second Monday	National Clean Off Your Desk Day 14
Second Tuesday	National Shop for Travel Day 116
Second Saturday	National Vision Board Day 86
Third Thursday	Get to Know Your Customers Day 59
Third Saturday	National Use Your Gift Card Day 177
Last Tuesday	National Plan for Vacation Day 116
Fourth Wednesday	Library Shelfie Day 142
Last Monday	National Bubble Wrap Appreciation Day 14
Last Friday	National Fun at Work Day 74
Last Business Week	Clean Out Your Inbox Week 41

NerdHerd January Birthdays

Ann Hutchison	John Tolson	Mimi Brown
Barbara Cobuzzi	Judy Oiler	Nicole Abbott
Batman's Wife	Karen Woodring	Rebecca Maalouf
Cheryl Sullivan	Lois Creamer	Shannon Carroll
Chris Daily	Mariko Lanicek	Shawna Korth, Big Sky Brokers
Cory Davis	Marquesa Pettway, Zoom Queen	Tami in Louisiana
Darren Curry	Maureen Heisinger	W. Craig Henry
David Littleton	Melissa Kelleher	Wade Koehler
Elizabeth Green	Micki Novak	
Erica Meyer		

February



Day by Day

- 11** National Make a Friend Day *67*
- 11** Don't Cry Over Spilled Milk Day *152*
- 13** Get a Different Name Day *84*
- 14** International Book Giving Day *174*
- 16** National Do a Grouch a Favor Day *45*
- 17** Random Acts of Kindness Day *172*
- 22** Single Tasking Day *10*
- 22** National Walking the Dog Day *169*
- 24** World Bartender Day *186*
- 26** National Letter to an Elder Day *176*
- 27** No Brainer Day *68*

All Month

- National Time Management Month *20*
- Free and Open Source Software Month *38*

NerdHerd February Birthdays

Anne Lupkoski
 Ashley Simon
 Cathi Eifert Horner, CAE
 Chellie Phillips
 Cheryl Meyers
 Debbie Li
 Donna C. Denley

Jaime Paris
 Jeffrey Horn
 Judith Briles
 Kat Ellermann
 Kimberly Semenko
 Linda Whale de Vargas
 Lisa Farquharson

Penney Howe
 RaDonna Hessel
 Sara Nash, CAE
 Stasia Creek
 Steve Reese
 Traci Brown
 Yasmin Lalani

February

Here and There

First Monday	National Sicking Day 158
First Thursday	International Optimist Day 62
First Friday	Working Naked Day 153
First Week	International Networking Week 66
Second Monday	National Clean Out Your Computer Day 90
Second Tuesday	Safer Internet Day USA 32
Fri–Mon near Valentine's Day	Great Backyard Bird Count 180
Week of February 17	Random Acts of Kindness Week 172
Third Friday	National Caregivers Day 155
Third Week	National Entrepreneurship Week 39
Last Saturday	Open that Bottle Night 185



March

Day by Day

- 2** National Old Stuff Day *177*
- 4** National Grammar Day *55*
- 8** National Proofreading Day *55*
- 10** National Landline Telephone Day *52*
- 10** National Mario Day *195*
- 11** National Worship of Tools Day *150*
- 14** Einstein's Birthday *130*
- 14** International Day of Mathematics *130*
- 14** Pi Day *130*
- 18** National Awkward Moments Day *98*
- 19** Let's Laugh Day *105*
- 21** National Countdown Day *24*
- 22** International Talk Like William Shatner Day *104*
- 27** National Scribble Day *97*
- 29** National Smoke and Mirrors Day *120*
- 30** National Virtual Vacation Day *117*
- 31** World Backup Day *46*



March

Here and There

Week Beginning Daylight Savings Sleep Awareness Week 166

First Monday after Daylight Savings National Napping Day 166

First Friday National Day of Unplugging 22

First Friday National Speech and Debate Education Day 77

First Week Telecommuter Appreciation Week 71

First Full Week National Consumer Protection Week 35

First Full Week Words Matter Week 54

First Full Week Read an Ebook Week 143

NerdHerd March Birthdays

Alan Wald

Jennifer Marusak

Kristi Valentine

Bianca Constance

John Silwonuk

Lana Homnick-Lee

Catherine Luke

Johnny Pope

Lori Ropa

Clarence E. Cox, III

Judy Moss

Lori Youker

Dale Knutsen

Karen Kirby Smith

Louise Smith

Diann Rogers

Kate Van Auken

Marti Wangen

Gloria Rossiter

Kathy Kuzava

Michelle Murphey Porter

James C. Camacho

Kimberly Simon Perkins

Teri Carden

Jay Smith

April

Day by Day

- | | |
|---|---|
| 1 National Fun at Work Day 74 | 14 Look Up at the Sky Day 148 |
| 3 National Find a Rainbow Day 146 | 15 Take a Wild Guess Day 151 |
| 3 World Party Day 75 | 18 interNational Organ Day 194 |
| 5 National Flash Drive Day 16 | 18 World Heritage Day 138 |
| 5 Read a Road Map Day 140 | 20 National Look Alike Day 48 |
| 6 National Sorry Charlie Day 18 | 22 Earth Day 181 |
| 7 International Snailpapers Day 141 | 23 YouTube Video Anniversary 189 |
| 7 National No Housework Day 28 | 25 National Telephone Day 28 |
| 9 National Name Yourself Day 85 | 30 International Jazz Day 192 |
| 11 National Eight Track Tape Day 190 | 30 National Honesty Day 23 |

All Month

- National Decorating Month 99
- National Humor Month 99
- National Pet First Aid Awareness Month 170
- National Move More Month 161
- Stress Awareness Month 164



April

Here and There

First Day of Month	National Journal Writing Month 87
Wednesday of the Last Full Week	Administrative Professional Day 27
Third Thursday	Get to Know Your Customers Day 59
Date Depends on Hebrew Calendar	Education and Sharing Day 76

NerdHerd April Birthdays

Alia Snyder	Gary Rifkin	Mark Beamis
Allan Mendels	Gloria Gibbon	Megan Mueller
Anne Glasscock	Jami Baker Orr	Melissa Blount
Becky McCormack	Jamison Barcelona	Melissa Fetterhoff
Brad Anderson	Jeanie Hinkle	Polly Karpowicz
Cheryl Bowie	John Craighill	Raquel Vargas-Whale
Christine Hokans	Justin Sawran	Rhonda Zunker
Craig Backus, Local Search Ninja	Leslie Fritz	Sandra Giarde, CAE
Darcy Burnett	Lowell Aplebaum	Shana Teehan
Donna Sather	Lucy Bottorff	Susan Wan-Ross
Elizabeth Criswell	Mara Kolter	Tim Houterloot
	Marianne Pettys	Wendi Douglas

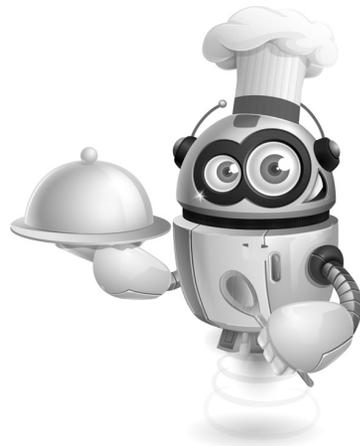
May

Day by Day

- 4** MCA Day *193*
- 4** National Renewal Day *126*
- 5** Cartoonist Day *101*
- 11** National Eat What You Want Day *131*
- 12** National Odometer Day *119*
- 17** National Pack Rat Day *93*
- 18** International Museum Day *138*
- 18** Visit Your Relatives Day *117*
- 21** Talk Like Yoda Day *104*
- 22** National Solitaire Day *195*
- 24** National Scavenger Hunt Day *74*
- 26** National Paper Airplane Day *196*
- 29** National Paperclip Day *17*
- 31** National Save Your Hearing Day *107*

All Month

- International Drum Month *192*
- National Mental Health Awareness Month *167*



May

Here and There

Friday before Memorial Day National Road Trip Day 118

First Full Week Update Your Reference Week 81

First Thursday World Password Day 31

First Saturday Free Comic Book Day 145

NerdHerd May Birthdays

Amy Strahan

Ashton Barcelona

Beth Surmont

Calvina King

Carolyn Pennington

Commander Mary Kelly,
US Navy (ret)

Deanne DeMarco

Debbie Pate-Newberry

Debby Jones

Donna Rankin

Jean White

Joe Krenowicz

Julie Fuselier

Kimberly Pipes

Lorrie Trogden

Lynn Caccavallo

Mark Dressner

Marsha McGreevey

Nora Y. Onishi

Pam Donahoo

Rebecca L. Turner, REALTOR®

Rita Tayenaka

Trish Neal

Wanda Lowe-Anderson

June

Day by Day

- 5** World Environment Day *181*
- 8** World Ocean Day *139*
- 18** International Panic Day *48*
- 20** National Hike with a Geek Day *159*
- 21** National Selfie Day *96*
- 23** National Typewriter Day *56*
- 27** National Bingo Day *75*



All Month

- Audiobook Appreciation Month *144*
- Beautiful in Your Skin Month *160*
- Entrepreneurs "Do It Yourself" Marketing Month *94*
- Great Outdoors Month *147*
- National Pollinator Month *147*
- Rebuild Your Life Month *88*

June

Here and There

- First Saturday** National Trails Day 147
- First Full Week** National Business Etiquette Week 60
- Second Tuesday** Call Your Doctor Day 159
- Third Friday** National Take Back the Lunch Break Day 61
- Last Thursday** National Work from Home Day 63
- Friday after Father's Day** Take Your Dog to Work Day 170

NerdHerd June Birthdays

- | | | |
|---------------------------|---------------------|----------------------|
| Carol Morris | Marla Novak | Sharon NeSmith |
| Dale Boeckenstedt | Melissa Heeke | Teresa Fuqua |
| Daniel Curtin | Michele Huber | Trudy Bounds |
| Dianne Richards | Mona McCarthy | Wayne King |
| Emily Garner | Pam Auld | Yvonne A. Hersh, CAE |
| Fran Rickenbach, CAE, IOM | Sara Ranney, CAP OM | |

July



Day by Day

- 1 Zip Code Day *68*
- 2 I Forgot Day *26*
- 7 Tell the Truth Day *135*
- 12 New Conversations Day *133*
- 12 National Simplicity Day *188*
- 14 Pandemonium Day *26*
- 17 World Emoji Day *114*

Here and There

- First Day of Month** National Journal Writing Month *87*
- First Friday** Comic Sans Day *102*
- Third Monday** Get Out of the Dog House Day *11*
- Third Thursday** Get to Know Your Customers Day *59*
- Third Saturday** Toss Away the "Could Haves" and "Should Haves" Day *168*
- Last Friday** System Administrator Appreciation Day *51*

All Month

National Family Reunion Month *154*

NerdHerd July Birthdays

- | | | |
|------------------|-------------------|-----------------------|
| Chris Champion | John Zink | Paige Dumas-LeCesne |
| Denise M. Smith | Julie Thomas | Papa Ziesenis |
| Dilip Divecha | Julie Watson | Sharon Dawes |
| Elena Gerstmann | Karen Butler | Sonja Wassgren Morgan |
| Elizabeth Bartz | Kath Fitzpatrick | Steve Leitch |
| Jeanee Gilson | Kay Riddle Petty | SueAnn Gilmore |
| Jeff Morrison | Lynette vonAllmen | Susan Kurtz |
| Jennifer Coleman | Missy Droegemeier | Theresa M. Maddix |
| Jennifer Franco | Monica McCorkle | |

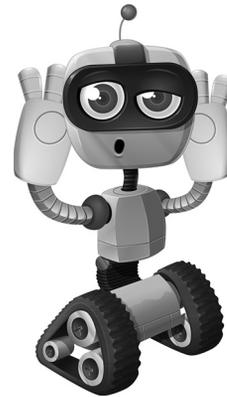
August

Day by Day

- 5** Work Like a Dog Day 25
- 7** Professional Speakers Day 78
- 8** National Sneak Some Zucchini onto Your Neighbor's Porch Day 184
- 10** National Lazy Day 25
- 19** World Photography Day 91
- 23** Cheap Flight Day 122
- 23** Find Your Inner Nerd Day 3
- 24** International Strange Music Day 191
- 31** National Matchmaker Day 85

All Month

National Black Business Month 121



NerdHerd August Birthdays

Bailey Bourgeois
 Beth Bridges
 Beth Q. REALTOR®
 Bill King
 Candi Rawlins
 Cheryl Smith
 Cindy Camargo
 Clark Jones
 Denise Stefanick
 Greg Hummel

Jerry Huffman
 Joyce Endo
 Kimberly Wood
 Kitty Collins
 Cricket Harrison
 Laurie Guest
 Lenora Billings-Harris
 Marilyn Sessions
 Mark L. Brown
 Mary Ann McDonald

Melanie Rowls
 Mike Chamberlain
 Nancy McCulley
 Olivia Lobban
 Peggy Hoffman
 Samantha Greasley
 Terry Murphy
 YGM Total
 Resource Campaigns

September

Day by Day

- 5** International Day of Charity 176
- 5** National Be Late for Something Day 70
- 6** Fight Procrastination Day 42
- 7** National Beer Lover's Day 185
- 8** National Ampersand Day 140
- 27** Ancestor Appreciation Day 92
- 27** National No Excuse Day 103
- 28** Ask a Stupid Question Day 34

All Month

- Intergeneration Month 133
- National Preparedness Month 163
- Self-Improvement Month 83
- Update Your Resume Month 82



September

Here and There

- Day after Labor Day** National Another Look Unlimited Day 43
- Monday after Labor Day** National Boss/Employee Exchange Day 67
- Second Saturday** World First Aid Day 162
- Third Tuesday** National IT Professionals Day 30

NerdHerd September Birthdays

Barbara L. Rambow
 Candi Fox
 Carol Campbell
 Celia Fritz-Watson
 Debbie Lowenthal
 Jackie Rakers
 Janet McEwen
 Julie Lynch

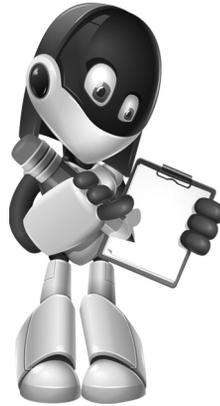
Katy Molick
 Katy Vickery
 Kerri Mertz
 Linda Richards, Rae Allen
 Media RE Photography
 Mark Creffield
 Nell Withers McCauley
 Pam Wyess

Patti Kungel
 Robin O. Brown
 Stacey Morris
 Susan Bauman
 Tim Lord
 William Mathews

October

Day by Day

- 9** Positive Post-It Day *15*
- 12** National Savings Day *125*
- 13** International Skeptics Day *44*
- 15** National I Love Lucy Day *51*
- 17** National Pay Back a Friend Day *124*
- 17** Spreadsheet Day *40*
- 20** Information Overload Day *40*
- 20** National Day on Writing *21*
- 22** International Caps Lock Day *191*
- 22** Smart Is Cool Day *128*
- 28** International Animation Day *108*
- 30** National Checklist Day *10*



All Month

- National Cybersecurity Awareness Month *34*
- National Cookie Month *50*
- Organize Your Medical Information Month *121*

October

Here and There

First Day of Month	National Journal Writing Month	87
October 1–7	National Walk Your Dog Week	169
Second Monday	National Online Bank Day	125
Second Tuesday	National Face Your Fears Day	77
Third Thursday	Get to Know Your Customers Day	59
Third Week	National Retirement Security Week	123
Third Week	National Estate Planning Awareness Week	12

NerdHerd October Birthdays

Alan Morasch	Joe Ferri	Mary Iafrate
Bonnie Davis	Joyce Pleva	Melissa Hull
Carol Hamilton	Julie Doughty	Ronald Sarver
Carolyn Phillips	Karah Covey	Shellie A. Robles
Chris Christensen	Lisa Van Gemert	Sydney Isaac
Gina Sutherland	Loretta Mingram	Trevor Mitchell
Heather Blanchard, CAE	Malcolm Sweet	Vickie Lester
Jeanette Morrish	Marcia Clarke, Broker	
Jeanette Schlapfer	& REALTOR®, Brooklyn Board of REALTORS® (NY)	

November

Day by Day

- 3 Cliché Day 72
- 4 Use Your Common Sense Day 134
- 9 Chaos Never Dies Day 129
- 10 International Accounting Day 124
- 11 National Origami Day 182
- 11 Veterans Day 156
- 15 National Clean Out Your Refrigerator Day 153
- 17 National Take a Hike Day 148
- 17 National Unfriend Day 66
- 24 Celebrate Your Unique Talent Day 81
- 30 Computer Security Day 32
- 30 National Stay at Home Because You're Well Day 187

All Month

National Gratitude Month 175



November

Here and There

Day after Thanksgiving National Day of Listening 73

First Thursday International Project Management Day 64

First Monday Job Action Day 80

NerdHerd November Birthdays

Addison Simon

Jill Rasco

Leslie Remy

Betty Brock

Joanne St-Pierre

Lyle Wolf

Bridgette Bienacker

Julie Kellman

Marla Dalton

Craig Alexander

Kandy Cefoldo

Marlo Jackson

Diane Thurber-Wamsley

Karen McCullough

Robert Newman, CAE, IOM

E. Marie Wilson

Kelly Paxton

Ronda Gilliland-Lopez

freedivedoug

Kristin Parker

Stephanie Butler

Jenifer Grady

Larry Strazzella

Vanessa Ignacio

December

Day by Day

- 3** National Make a Gift Day *100*
- 8** Pretend to be a Time Traveler Day *136*
- 11** National App Day *39*
- 15** National Cat Herders Day *154*
- 17** National Device Appreciation Day *178*
- 26** National Thank You Note Day *60*
- 28** National Call a Friend Day *72*

All Month

National Learn a Foreign
Language Month *132*



December

Here and There

Last Workday of the Year No Interruptions Day 21

NerdHerd December Birthdays

Barbara Boulton

Betsy Smith

Bette Price

Candy Joyce

Crystal Washington

Cynthia Philbrook

Debra Jason

Dr. Juan Lorenzo

Martinez-Colon

Duane Washkowiak

Heather Pauley

Kevan S. Lyons

Laura De George

Laurie Bourgeois

Monica Waller

Phil Gerbyshak

Portia Metoyer

Sharon Bradley

Skip Koski

Susan Valle

Tim Teehan

Tom Wright

Why you NEED a Nerdy Best Friend...

Do you ever feel like the technology that was supposed to make our lives easier is the very thing making it so complicated?

If you do — you're not alone. Sorting through all the digital clutter to find real, effective solutions to our everyday problems can feel overwhelming.

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 Ziesenis, 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 online and in person.

Beth takes the fear out of technology and helps you get right to the point with effective apps and tools that you can integrate into your everyday work and life.



Certified Speaking Professional

Beth earned the designation of Certified Speaking Professional, and speaking engagements are the primary way she shares her tips. All Beth Z's sessions include interaction, laughs and learning – both online and in person.

Attendees walk out of the session with tools they can use right away. Your Nerdy Best Friend is not a traditional Zoom box speaker with online programs or "Sage on the Stage" in person. Beth engages attendees with special effects, conversations, funny (nerdy) pictures, social media updates and serious buzz creation.

Find Out If Beth Z Is a Good Fit for Your Event

Site: yournerdybestfriend.com

Email: beth@yournerdybestfriend.com

Phone: 619-231-9225



NERD 365

Want to save time, money and hassle with today's latest technology?

Stop wasting time resetting lost passwords, deleting unwanted emails and attending boring online meetings. Beth Z, aka Your Nerdy Best Friend, has done the homework for you with more than 400 tested tech tools, tips and apps.

Nerd365 divides the tips into bite-sized insights so you can digest the new tech all year long.

What's inside:

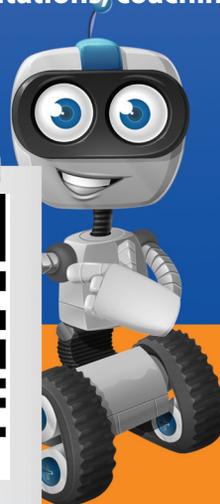
- *Keep your web searches private on Ask a Stupid Question Day (Page 34)*
- *Track your packages and deliveries on National Bubble Wrap Appreciation Day (Page 14)*
- *Transform your complicated data into helpful infographics for Information Overload Day (Page 40)*
- *Manage your inbox on Fight Procrastination Day (Page 42)*
- *Eliminate duplicate files on your computer on National Look Alike Day (Page 48)*

Plus...

- *Password management tips*
- *Computer backup advice*
- *Social media marketing resources*
- *Expense tracking tools*
- *Tools just for fun*

About the Author

Beth Z is Your Nerdy Best Friend. She filters through thousands of tech tools to help you save money, time and your sanity. Beth Z shares her best tech tips via books, presentations, coaching and social media.



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