

Tools They Use | Episode 06 | Anthony Ongaro

The sixth episode of Tools They Use is brought to you by Anthony Ongaro, a YouTuber, filmmaker and author of [Break the Twitch, The Book](#).

Anthony runs a website and YouTube channel called [Break the Twitch](#) all about minimizing distractions and doing more of what matters focusing on minimalism, habits and creativity.

Please, enjoy this episode and be sure to check out the show notes below.

SHOW NOTES

What sort of work do you do day-to-day?

- Anthony runs [OngaroFilms](#), a company for commercial and freelance film production, and creates contents for [Break the Twitch](#).
- His days are always different.

What is your daily to-do list tool? And why?

- [Trello](#) (iOS/Android/Windows) (For his life dashboard)

How do you go about taking notes?

- [Moleskine](#) notebook (papermate flair M felt tip pen)
- [Evernote](#) (iOS/Android/Mac/Windows)

What do you use when it comes to organising your calendar?

- [Google Calendar](#) (Android/iOS) (For family, personal and work)

What hardware do you use for work? (phone, laptop, pc)

- [MacBook Pro](#)
- [Canon EOS C100 Mark II](#)
- [Canon EOS 6D](#)
- [Canon EOS 70D](#)
- [Manfrotto monopod and tripod](#)
- [iPhone 6S Plus](#)

What are your 3 favoured apps for getting the work done? (Eg. marketing, designing)

- [Forest](#) (iOS/Android/Chrome) (For focused work)
- [Moment](#) (iOS) (For notifications on his phone usage)
- [Momentum](#) (iOS/Mac) (For habit tracking)

What's your planning process? How do you plan for the week or month ahead?

- Anthony draws 8 squares on a large piece of paper, one for each quarter and creates his 2-year plans with markers.

Do you use any analog/offline processes?

- Taking one day completely off from screens
- 10-15 mins of meditation
- [Morning Pages](#)

Find Anthony:

- YouTube - [here](#)
- Break the Twitch - [here](#)
- @breakthetwitch - [Facebook](#), [Instagram](#), [Twitter](#)
- Anthony's book [Break the Twitch. The Book](#)
- Digital Detox Series - [here](#)