1-First install Heroku

npm install -g heroku

2-Login with heroku

heroku login –i

Enter + password

3-create the app on heroku

git init

heroku apps:create lara-todos-app

4-update and rename heroku app

heroku apps:rename lara-todos-app --app tranquil-atoll

5-submit the changes from local to remote heroku

Ensure you are ligin in

First write

git init

heroku git:remote -a appname

git add .

git commit -am "make it better"

git push heroku master