1. Install Python 3.7 - <https://www.python.org/downloads/>
2. Install Java 8
3. Install Ant Migration Tool - <https://developer.salesforce.com/docs/atlas.en-us.daas.meta/daas/forcemigrationtool_install.htm>

Don’t forget set global variable for Ant.

Windows - <https://docs.oracle.com/cd/E19316-01/820-7054/gicjc/index.html>

MacOS - <https://docs.oracle.com/cd/E19316-01/820-7054/gickh/index.html>  
And restart your computer to apply the changes.

1. Install pip in cmd: Windows - python get-pip.py, MacOS – sudo easy\_install pip

(Starting with Python version 3.4, pip comes with the python interpreter.)

1. In build.properties file put username, password and serverurl to your org (you can find it in Setup/My domain)
2. Move to root directory of app in cmd and then enter a command -> python/python3 main.py
3. At the end of script in cmd you’ll see an answer which involves two sections: PBs and WF rule’s errors and warnings with short description that consists of name of PB or WF rule and lookup field that is sensitive to that problem.  
   If you see a description near lookup fields it means that field are used in formula, otherwise go to the org and find showed fields in the automation to see full picture of error/warning.