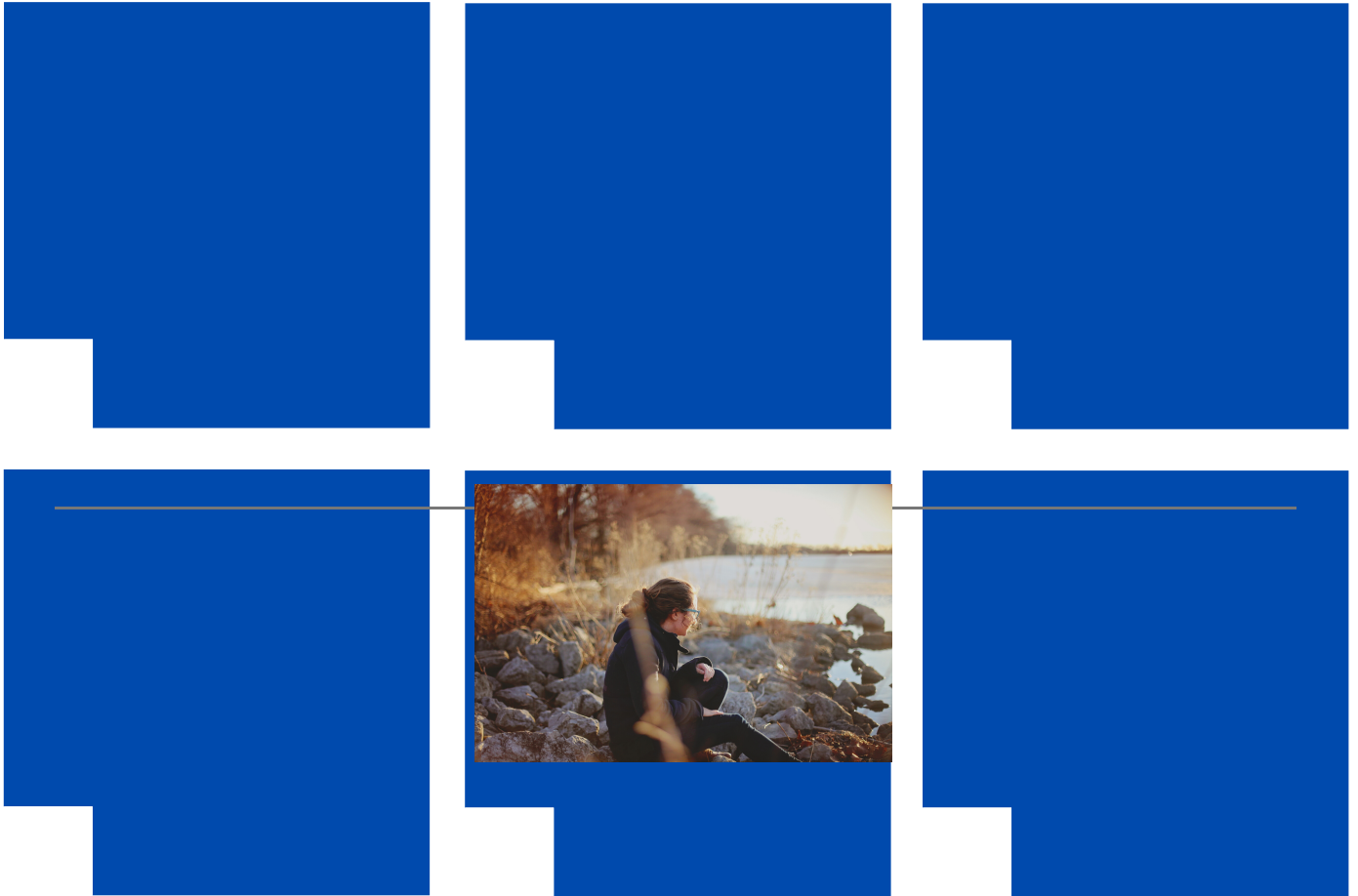


# a few notes

Topic: Fun Friday



## Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

For many of us, it's been a long week. It's time to relax the mind. What predominant emotion are you feeling right now? If it's not the emotion you want to be feel, let's shift toward the emotion you want. Write down how you can move toward that emotion and put it into action this weekend. In the meantime, let's get it started with Friday's Dance Party tune....Johnny Nash - I can see clearly now

Click here for [Source](#)