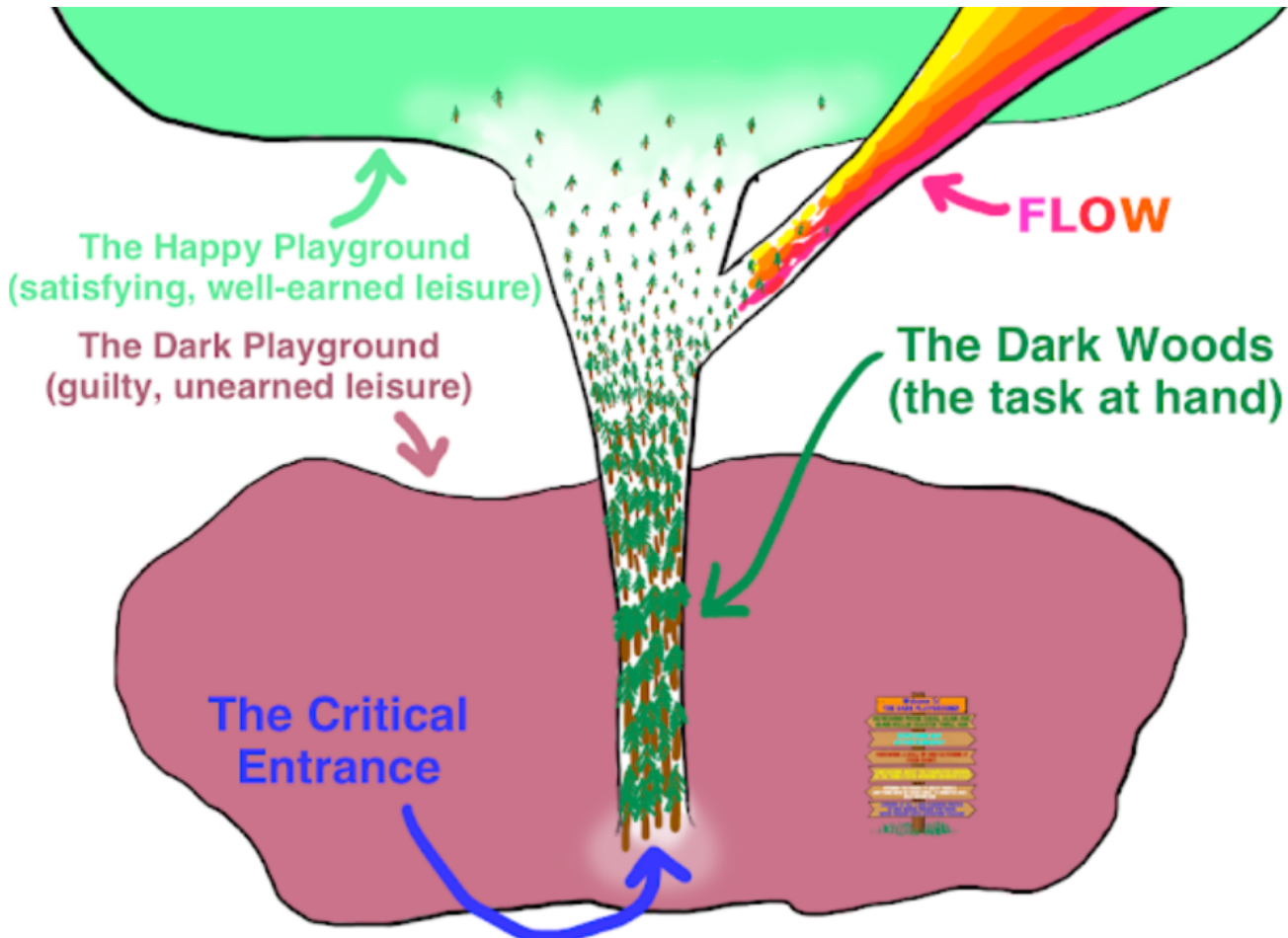


a few notes

Topic: Procrastination Continued



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

We pick up where we left off over a month ago on procrastination and the challenging tasks that each of us face. The Critical Entrance is where you go to officially start work on the task, the Dark Woods are the process of actually doing the work, and once you finish, you're rewarded by ending up in The Happy Playground—a place where you feel satisfaction and where leisure time is pleasant and rewarding because you got something hard done. You occasionally even end up super-engaged with what you're working on and enter a state of Flow, where you're so blissfully immersed in the task that you lose track of time. For a procrastinator, they tend to miss out on both the Happy Playground and Flow. Let's look at what you need to do to get on the right path. [Click here for Source](#).