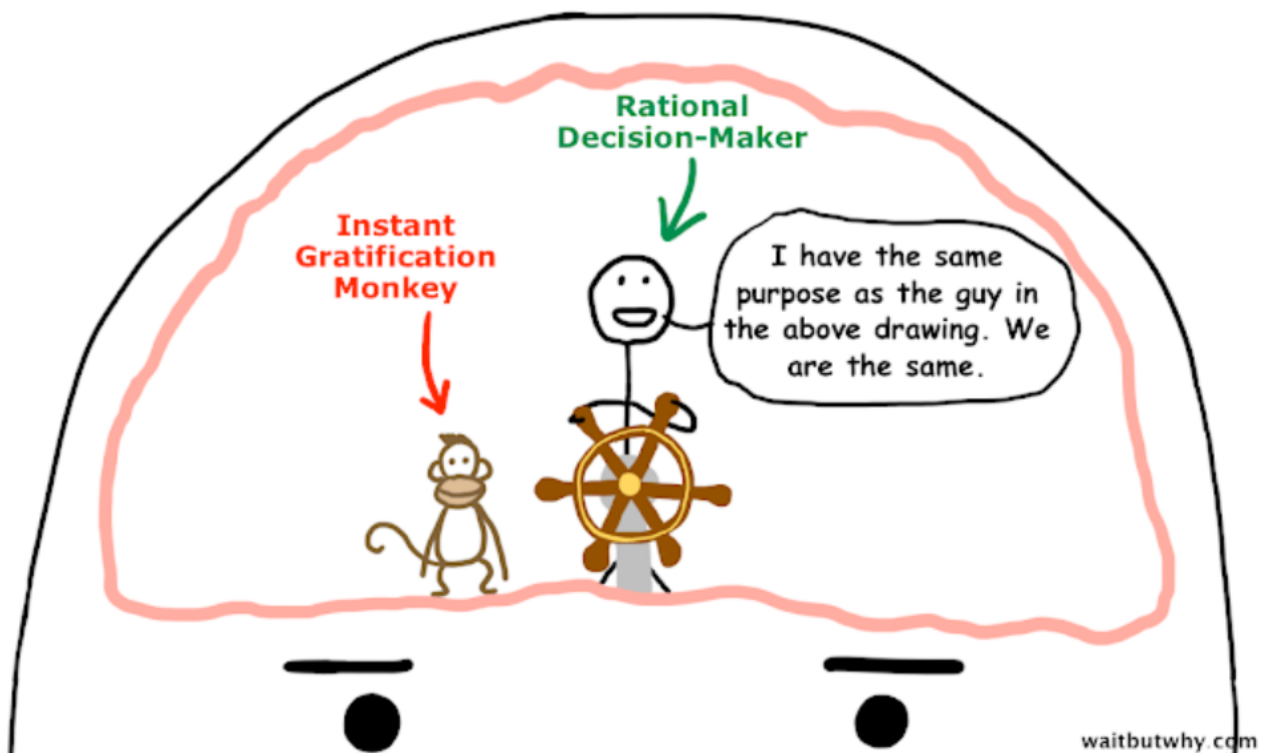


# a few notes

## Topic: Procrastination

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### Procrastinator's Brain



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## Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

According to dictionary.com, procrastination is the action of delaying or postponing something. In today's employee check in, we explore procrastination. Everyone is a procrastinator whether they like it or not, with some being worse delayers than others. A procrastinator's mind is divided into three parts: the rational decision maker, the instant gratification monkey, and the panic monster. The rational decision maker's purpose is to make rational decisions and be productive, whereas the gratification monkey's job is to simply have carefree fun. The instant gratification monkey is scared of one thing and one thing only: the panic monster, who comes bearing deadlines and repercussions. How do you stop procrastinating? See the [Source](#).