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I'm trying to address the very problem called "procrastination" of every human being of this century. We humans are already mimicking the lives of zombies in some way. Best example would be we as humans are being held behind our responsibilities, daily chores and fighting against survival as part of our normal routine. What are we running behind ? Time, Money etc ! Aren't we not missing anything in life?

We are already spending all our energy in setting our basic life goals, then where is the time & energy to reset our lives once in a while based on our personal interests. Did we ever get time to reflect on our life's happiness? But if you seriously think through the times that you were most productive then those would be the times when we were mentally happy and physically healthy. So to improve our mental and physical well being it is important to reset our lives, accept the transformation and be bold and willing to change. Thus we can avoid our inherent laziness and change our lifestyles to be more productive and fun to work without any reasons to point our finger at. Eventually we can balance our lives on work and our personal interests.

Lets figure out how do we do that?