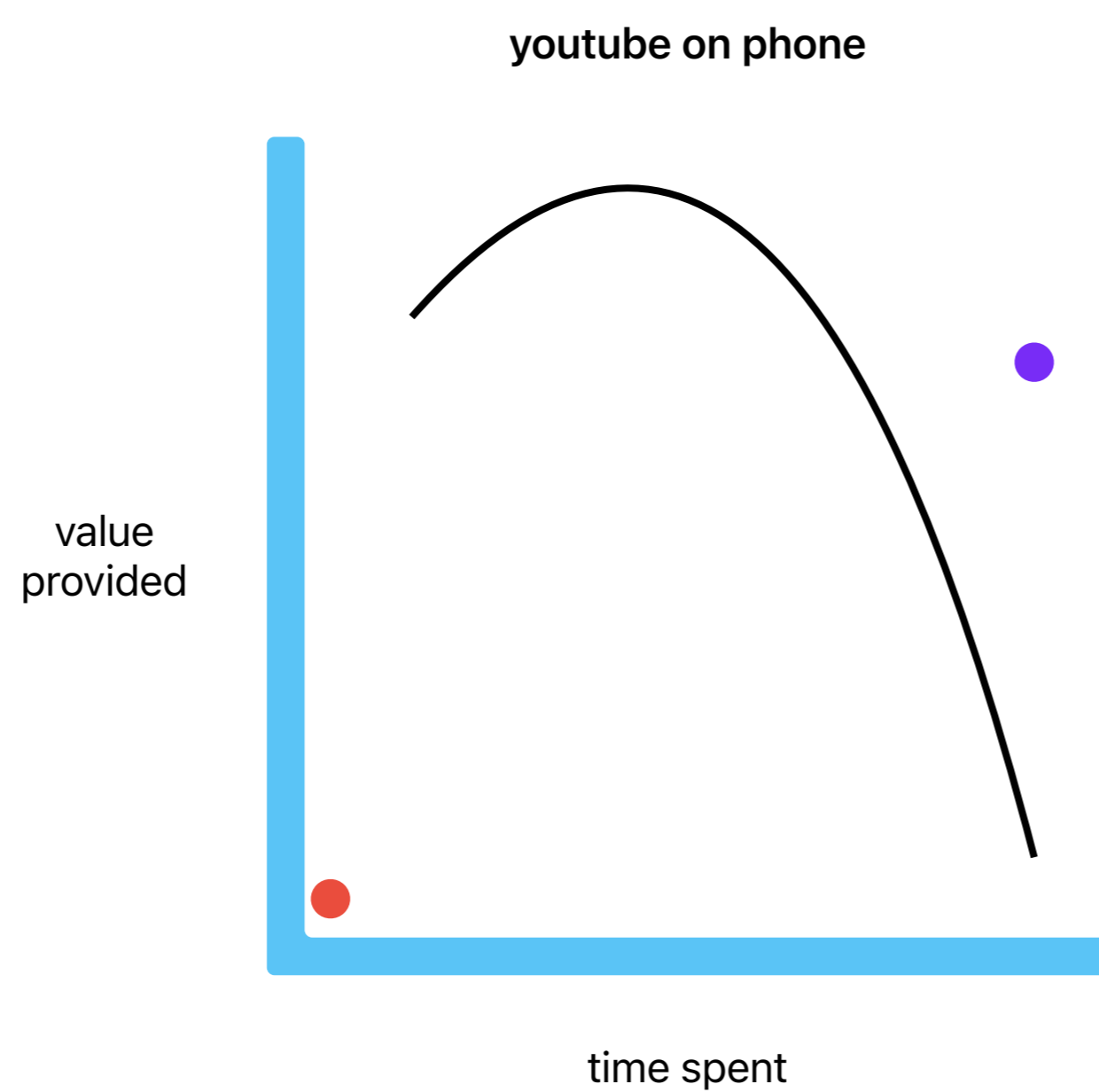


on deep leisure problem statement: i need to relax and recharge. what do i spend my time doing?

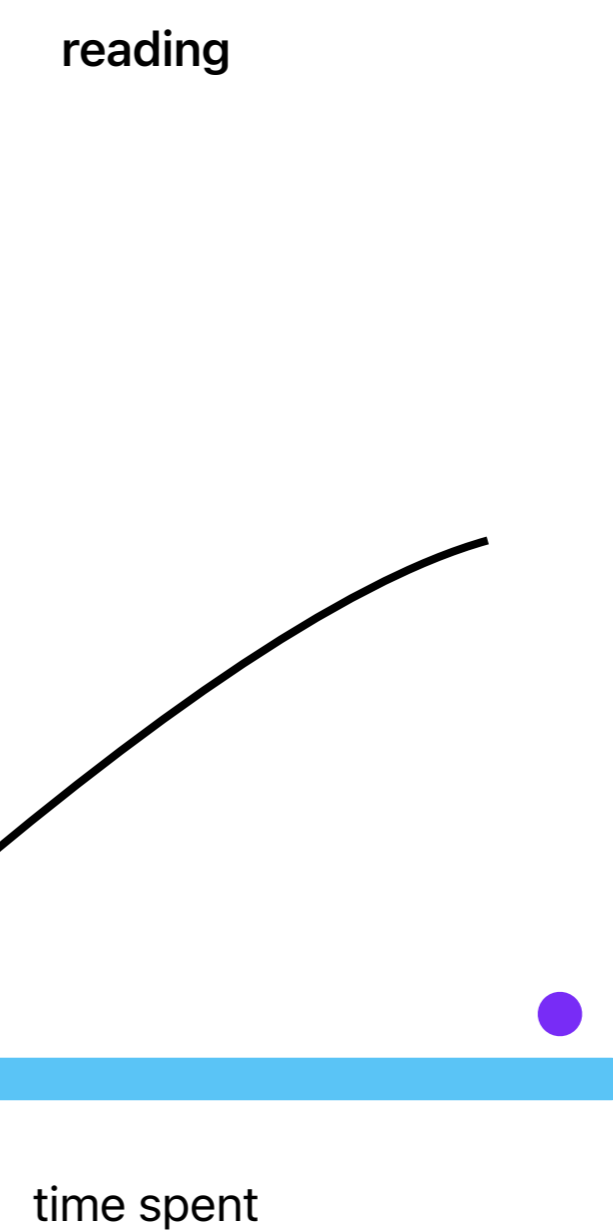
time spent = minutes	value provided = good feelings + alignment with goals and idea of self + novel knowledge + immersive engagement	red dot = difficulty to begin task at $t = 0$ from nothing	purple dot = difficulty to stop task at $t = k$ from going	off graph is how i feel about activity after it is done
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pretty steep drop off here, but a lot of time spent per day. biggest vice by a long shot.

nb: i tend to get value watching my favorite hs creators once a day, but it quickly falls apart after that, esp if i'm refreshing the home page for recommendations



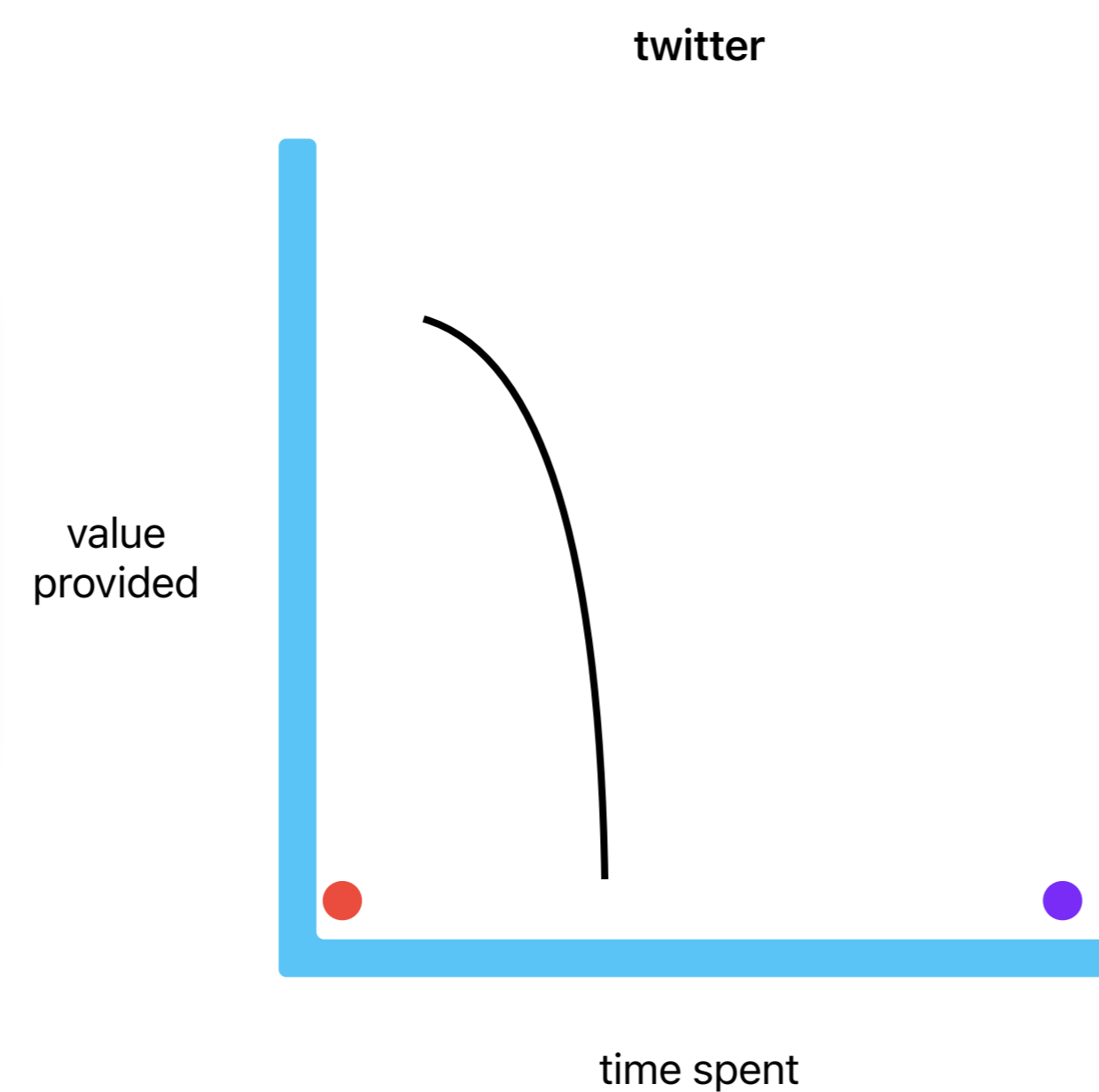
nb: also resist starting — preferring to work during day, leading to revenge bedtime procrastination.



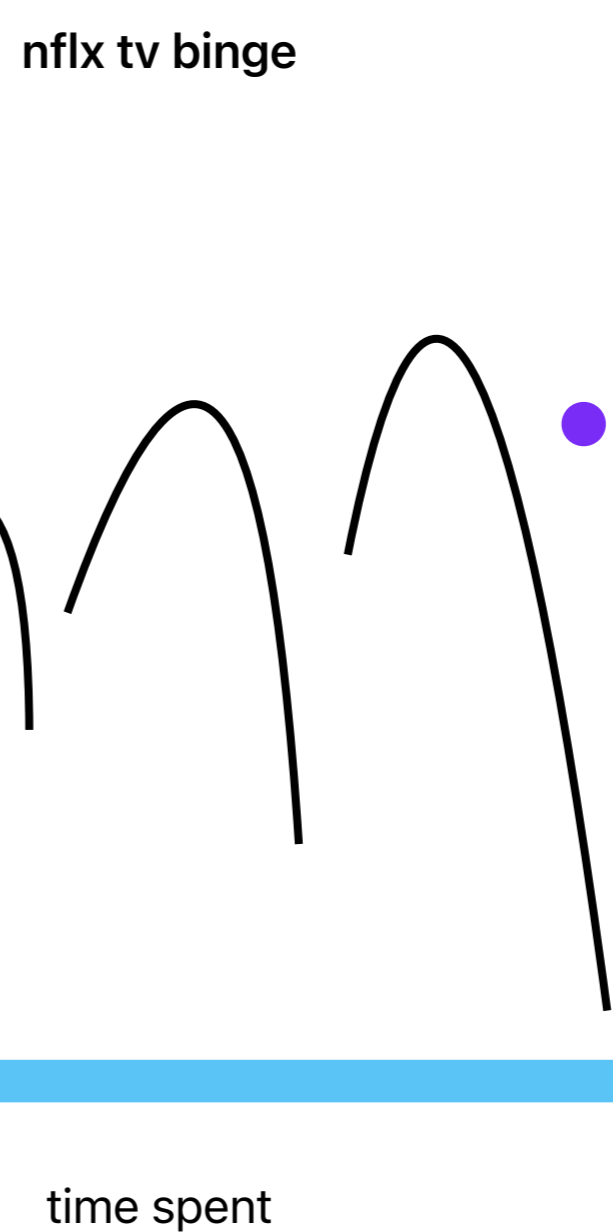
ironically, the making of this freeform was to procrastinate on reading

i like looking at memes and sharing them in group chats, also seeing what's trending.

nb: any more than 3 minutes spent per session on this website makes me viscerally upset



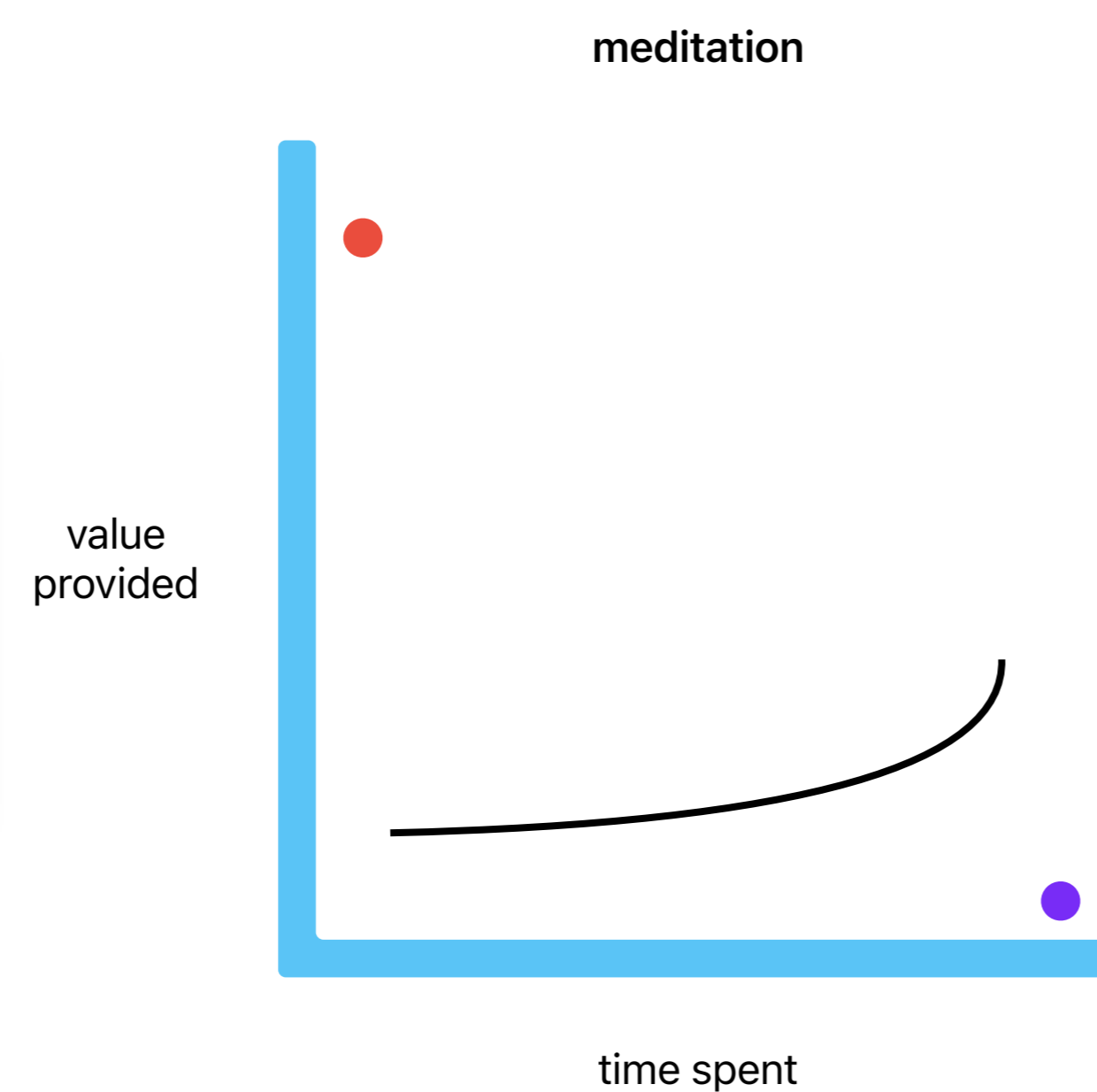
nb: if episodes have hooks, i tend to consume them in one go. generally late into the night. little self control here. as time goes on i am immersed — but steeper drop later



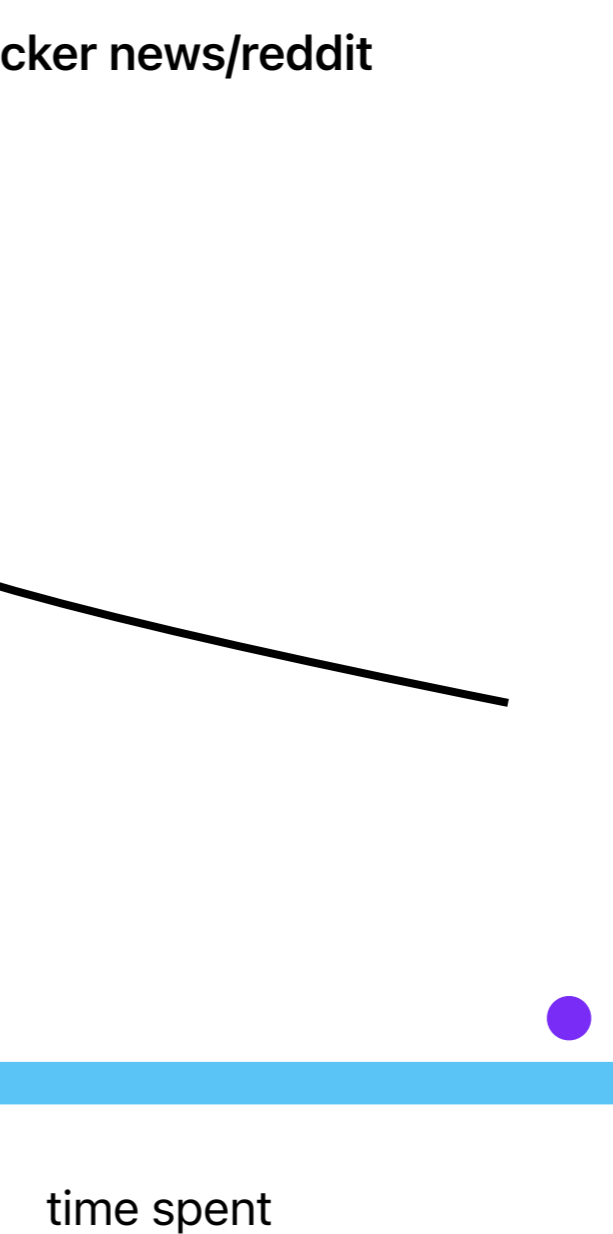
perhaps i should switch tv for movies?

meditation as a habit decreases reactivity and emotionality significantly, but wears off without constant upkeep

nb: even with automation and a really good app (waking up) i resist starting constantly. generally happy i did it after



nb: i save a bunch of articles into reader i never get around to reading. i mainly consume titles, comments and skimmed blog posts



causes guilt and overwhelm, would rather put effort into books

post game thoughts:

1. hard to start tasks generally curve upwards, the rewards come later
2. hn/reddit/ig/linkedin/fb/twitter aren't that bad bc i quit easily, but they make me feel worse after i'm done using them
3. youtube is a siren. the first 15 minutes are rewarding, it becomes a venus fly trap soon after
4. the question is: can i beat resistance when i'm looking to relax? can i meditate and read because i both want and need to?
5. reading and meditation peak per session, they do not increase forever, meaning that their decline also happens, but much further off the hypothetical graphs i made