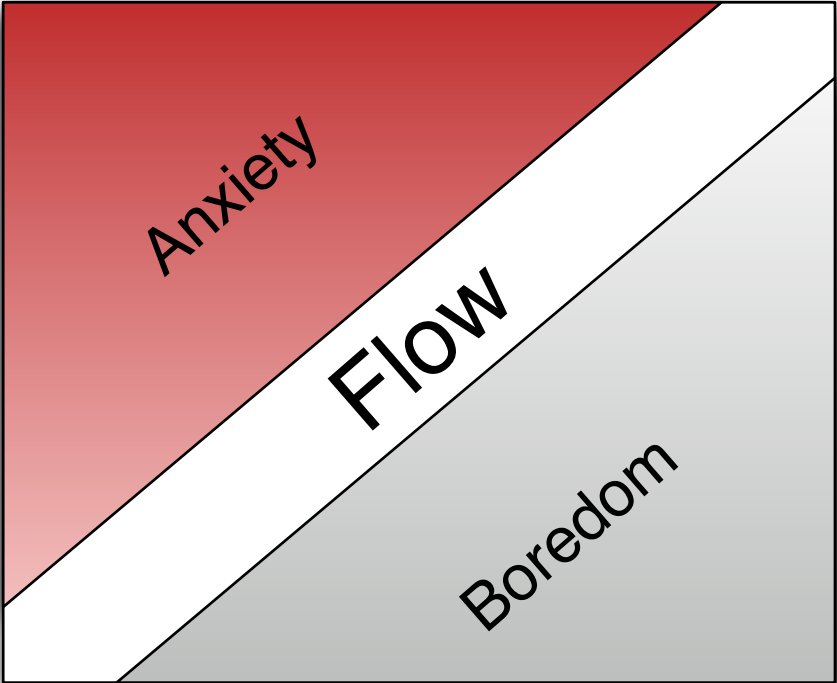


Challenges

A square diagram divided into three diagonal regions. The top-left region is red and labeled 'Anxiety'. The middle diagonal band is white and labeled 'FLOW'. The bottom-right region is gray and labeled 'Boredom'. A vertical arrow on the left points upwards, and a horizontal arrow at the bottom points to the right.

Anxiety

FLOW

Boredom

Skills