

A List of Life Pleasures

Post by “Godfrey” of August 3, 2022 at 5:44 PM

[Kalosyni](#) I noticed on your blog post that you list planning as a pleasure of anticipation. I like that you did that: I often think of planning as tedious, that it requires thinking about things that need to be done, pleasant or not. Reframing planning as anticipation of future pleasures is a really good approach and helpful for keeping the goal of pleasure at hand while planning, thus making planning an Epicurean "exercise".