

## Video: "Reverse Goalsetting"

**Post by "Cassius" of December 30, 2025 at 5:01 PM**

This is a new video which just hit Youtube today. Not sure how I came across it but I found it enjoyable to watch with many practical suggestions. I also don't detect many objectionable religious or philosophic overlays. He defines his outcome as "feeling a certain way."

In fact I read the video as emphasizing our inability to *guarantee* a result, but that it's still desirable to pursue rational steps toward a goal anyway. Given that we have lots of discussion about whether "being happy" makes sense as a goal, I think the discussion meshes nicely with Epicurus.

It's 30 minutes and even if you don't end up adopting any of the suggestions I think you'll find it time pleasantly spent.

<https://www.youtube.com/watch?v=LTaCZRsvIB0>