

# Why isn't "satisfaction" the guide of life?

**Post by "Julia" of December 16, 2024 at 12:55 PM**

I agree, except I'd avoid conflating goal and guide *from the start*, because I think there is additional value in addressing both separately at first.

The way I perceive my life, it feels like the goal and guide are usually different; eg: "My goal is qualifying for a good job, my guide is the feedback during training", "My goal is a fat 401k, my guide is a spreadsheet and some graphs". However, it seems like this is not typically the case when the goal is a feeling: "My goal is a happy marriage, and my guide is how happy we are now", "My goal is to overcome anxiety, my guide is how anxious I still am now".

Recognising the identity of goal and guide is a pattern with feeling-based goals, and seeing the dangers involved in using alternative guides ("Aim for satisfaction, and you'll get dissatisfied regret about what could have been") helps me be more firm in where I stand - thank you 😊