

# Continuous Life Improvement

**Post by “Garden Dweller” of October 3, 2019 at 10:03 AM**

At the time I wrote that piece, I had left employment a few months prior and was living off of savings and investments. My focus was on how my long term "sacrifice" of saving enabled me to live a free life of my own choosing. That is the background for my focus on rational hedonism and the need for careful decisions.

Today, after four years of freedom, my challenge has more to do with balancing my personal comfort with the need to do some strenuous activity to get some exercise. So my situation has turned from denying today's pleasures for future satisfaction, to doing slightly uncomfortable things today for a better sense of well being afterwards, and longer term health benefits.

I am trying to learn how to make those latter decisions and would add advice about how to choose actions with short term discomfort resulting in long term benefit.

I would like to rewrite parts, especially paragraph 18. It is clumsy and doesn't say what I want it to say.