

Anticipation

Is it better than the real thing. How often have you looked forward to something, like a meal or a vacation or achieving a goal, only to discover that being *in the moment* you have anticipated for so long is less than satisfying? The meal is average. You're bored during your vacation. Achieving the goal has made you anxious about achieving the next one. Relish your anticipations.

You may not want to anticipate your anticipations though.