Things that feel bad but make you feel good about having felt bad

There's a very easy way to recognize the things that make you feel good about having felt bad. What are the things you wish you had done yesterday or you wish you will do tomorrow but you don't want to do right now?

My list:

- Study,
- Write or create something good
- Exercise,
- Sit in silence,
- Read,
- Take part in Social Activities,
- and others which I can't remember right now

I know that all these are good things, why? Because it feels good to think about doing these things in the future and it also feels good having just completed them. I love the idea of writing daily and seeing a filled page feels great but writing itself feels horrible (it might be because I write very badly.) Similarly, visualizing myself exercising in the morning or having just completed an exercise set feels amazing but actually waking up at 5 to exercise feels very bad.

If I know I'll feel good after doing a thing, why don't I do it easily?

I know it'll be easier for me tomorrow if I start doing my assignment today, but I don't, why?

I know I'll be much happier later having exercised than having wasted time but obviously I waste it, why?

Doing these things are not even about helping other people, they are about helping myself but still I find it very hard, why?

I know if I do hard work now, if I struggle a little bit at the moment, it'll be easier for me in the future but still I resist it so much, still I keep delaying it, why?

It's not like someone is forcing me to not do a thing, it's my own choice, every time (or is it?). It's almost as if I have no empathy for my future or past self, all I care about is me in the current moment. I don't care about him who was me one day before (I rarely fulfill his plans) or him who'll be me one day later (I rarely make it easier for him). If I can't even help myself, how can I expect myself to help others?

I associate too much with my current self, I believe my current thoughts and feelings too much. I need to think more from the perspective of my future self.

A thought experiment:

You're very sad at the moment, you have wasted your whole last hour (or any unit of time). You wish that you had done something worthwhile in that time. Imagine if you had the ability to go back in time and do anything in the time regained to not feel sad anymore when you get to the present again, what will you choose to do?

Now think of yourself, not as who you are in the present moment but as you from one hour ahead in the future. This you is feeling very sad and has come back in time to change this. What will you do right now?