Problem 1

Regularly attending the gym is a glaring example of delayed gratification in my life. I decide to put time and effort into regular workouts rather than sitting home and unwinding in order to find instant comfort because I know that the long-term advantages—better health, more strength, and enhanced mental well-being—are far more satisfying. This method is comparable to algorithms such as merge sort, which require more time and resources up front but ultimately produce dependable and effective results. On the other hand, missing workouts in favor of rapid relaxation is similar to a greedy algorithm; while it may provide short-term happiness, it frequently results in worse long-term outcomes.