

When you adopt a dog, there are certain things that you know:

1. You are responsible for taking care of that dog;
2. Your dog has no power over how you take care of it;
3. Your dog is unable to tell you what it needs or wants.

Now consider your future selves.

Who is responsible for the well-being of your future self? I hope you didn't say "the government." Or "my kids." No, you are responsible for taking care of your future self.

As for power, your future selves have none. You hold all the power.

And your future selves are unable to convey to you what they need or want.

So ask yourself: Am I giving as much thought and attention to my future self as I am to my dog?