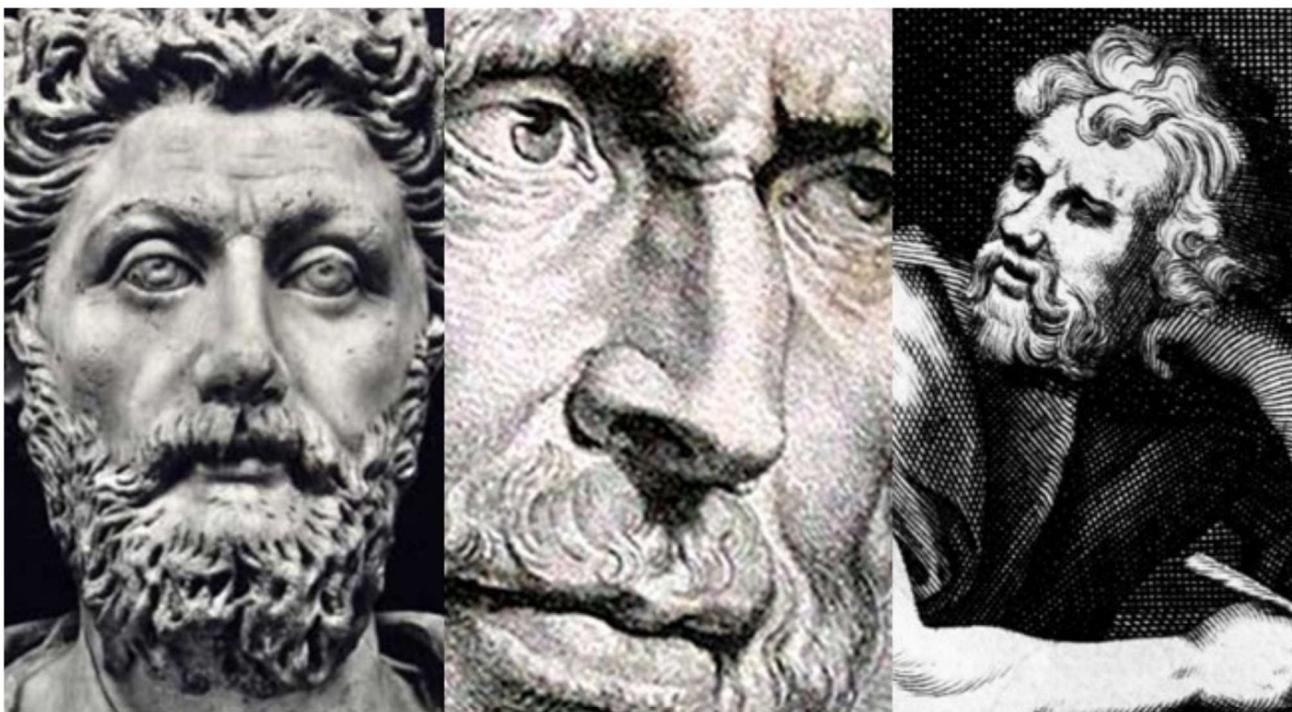


A
STOIC
A
DAY

A BOOK OF DAILY STOIC REFLECTIONS



BY
MICHAEL MCGILL



What is Stoicism?

Wikipedia defines Stoicism as:

“A school of Hellenistic philosophy founded by Zeno of Citium in Athens in the early 3rd century BC. It is a philosophy of personal eudemonic virtue ethics informed by its system of logic and its views on the natural world, asserting that the practice of virtue is both necessary and sufficient to achieve eudaimonia – flourishing, by means of living an ethical life.”

But Stoicism is so much more than a definition or an entry in Wikipedia.

Stoicism is a mindset. It is an operating system for life. It is a philosophy of life that allows us to live with greater strength, acceptance and tranquility.

Who Were the Stoics?

The primary Stoics were:

- **Zeno** – Founder of the Stoic School of Philosophy
- **Seneca** - a Roman Stoic philosopher, statesman, and dramatist. Advisor to Nero.
- **Epictetus** - Born a slave, he ultimately became one of the greatest Roman teachers of Stoicism.
- **Marcus Aurelius** - a Roman emperor from 161 to 180 and a Stoic philosopher. He was the last of the rulers known as the Five Good Emperors.

Why Should I Care about Stoicism?

Stoicism is a philosophy that can help us in every area of our lives:

- Our personal life
- Our professional life
- Our emotional life
- Our family life

The Practice of Stoicism

- Study – Read some Stoicism daily (this book is a great start).
- Practice – Practice Stoicism in your daily life.
- Reflect – Reflect upon your daily successes and areas for improvement.

“Every night before going to sleep, we must ask ourselves: what weakness did I overcome today? What virtue did I acquire?” - Seneca

How to Use This Book

This book is meant to be a daily reflection. Each morning, read the Stoic Thought of the Day and the Stoic quote. In the evening, reflect upon the Stoic Reflection of the Day.

Some of these reflections may “hurt”. That is good! Epictetus tells us:

“Friends, the school of a philosopher is a hospital. When you leave, you should have suffered, not enjoyed yourself.”





January 1st

Stoic Thought of the Day

Goodness

You make a New Year's resolution.

To become a better person.

Lose weight, exercise, make more money.

But the most important thing you can do in the upcoming year?

Be a good person.

Build the traits that create a good life.

Objectivity

Acceptance

Unselfishness

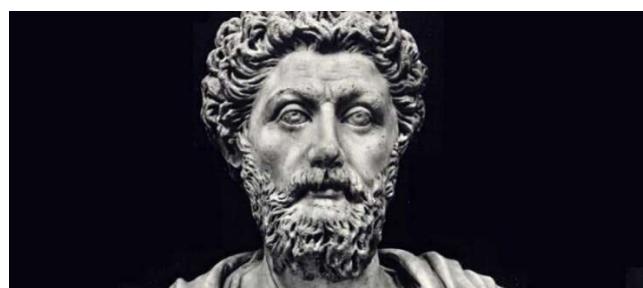
You can build these traits by practicing Stoicism.

Stoic Reflection of the Day

Am I cultivating the traits that will result in a life well-lived? Am I actively eliminating the traits that stand in the way of a life well-lived?

“It would be wrong for anything to stand between you and attaining goodness.”

~Marcus Aurelius





January 2nd

Stoic Thought of the Day

Desire

The more things you desire.

The more fear you will have.

Fear that you will not get it.

Fear you will get too much of it.

Fear that you will not get enough of it.

Reduce your desires.

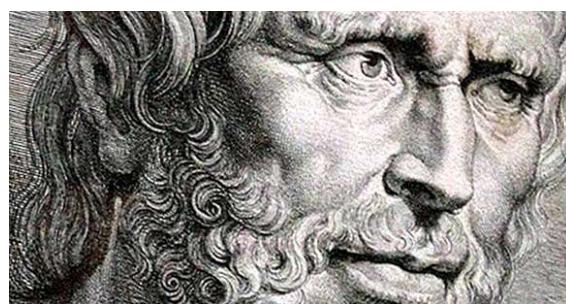
Reduce your fears.

Stoic Reflection of the Day

Is there something I desire too much that leads to fear or unhappiness in my life? How can I reduce this desire?

“Limiting one's desires actually helps to cure one of fears.”

~Seneca





January 3rd

Stoic Thought of the Day

Grovel

Who are you too quick to flatter?

Who are you afraid to criticize?

Who are you afraid to upset?

These are the people who have control over you.

You are not truly free.

Until you stop seeking the approval of others.

Stoic Reflection of the Day

Who in my life am I seeking approval from? Do I really need their approval?

“Then whenever you see someone grovel before another, or flatter them insincerely, you can safely assume, that that person is not free.”

~Epictetus





January 4th

Stoic Thought of the Day

Talking

Whatever your intentions might be.

Your actions show the world who you truly are.

They are what you will be judged by.

So ...

Stop talking about what you are going to do.

And just do it.

Talk is cheap.

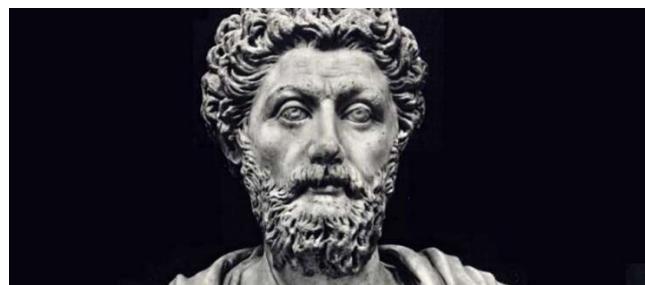
Show us.

Stoic Reflection of the Day

Do I do what I say I will? How can I make my actions better align with my words?

“Stop talking about what a good man is like, and just be one.”

~Marcus Aurelius





January 5th

Stoic Thought of the Day

Surprise

How can you avoid being taken by surprise?

Be prepared.

How can you be prepared?

Practice

What should you practice?

Objectivity

Acceptance

Unselfishness

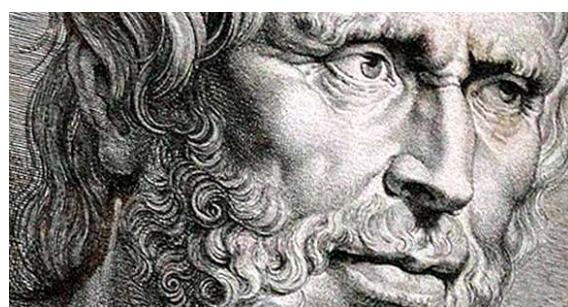
These Stoic skills will prepare you for whatever comes your way.

Stoic Reflection of the Day

If something unfortunate, or even tragic, happened to me; would I be prepared? If not, how can I better prepare myself?

“Everyone faces up more bravely to a thing for which he has long prepared himself. We must see to it that nothing takes us by surprise.”

~*Seneca*





January 6th

Stoic Thought of the Day

Trip

If you trip over your feet.

The solution is easy.

Just stand back up.

But if you trip over your tongue.

The damage can take years to repair.

And the injuries may never fully heal.

Tread lightly with your feet.

More importantly...

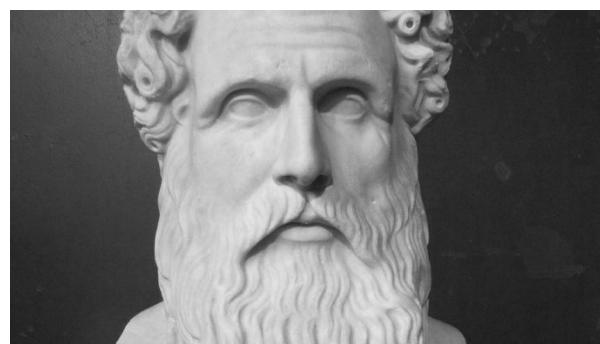
Tread lightly with your tongue.

Stoic Reflection of the Day

Have I said anything recently that hurt somebody? How can I better tread lightly with my tongue?

“Better to trip with the feet than with the tongue.”

~ Zeno





January 7th

Stoic Thought of the Day

Citizen

Always be humble.

But never sell yourself short.

You are capable and worthy of greatness.

As much as anybody else.

You don't do the world any favors.

By playing small.

You were born to do great things.

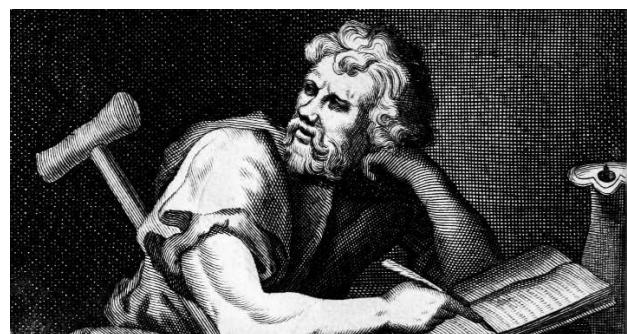
Go do them.

Stoic Reflection of the Day

Where do I sell myself short? How can I better realize my full potential?

“You are a member of the universe with full citizen rights; you were born not to serve but to govern.”

~Epictetus





January 8th

Stoic Thought of the Day

Ordained

Accept your present circumstances.

And love the people in your life.

What other choice do you have?

You can resist what is happening.

And take people for granted.

But this will only lead to a life of misery.

A much better alternative?

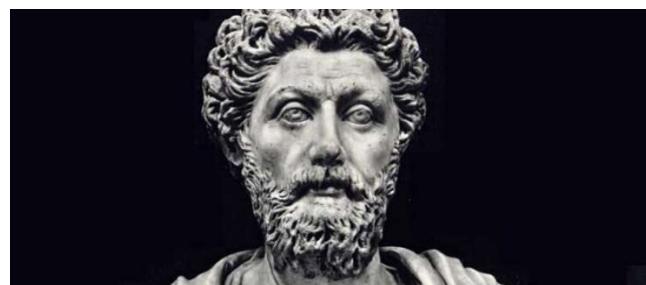
Acceptance and Love.

Stoic Reflection of the Day

What circumstances in my life am I not accepting? Which people do I need to express more love to?

“The things ordained for you--teach yourself to be at one with those. And to the people who share them with you--treat them with love.”

~Marcus Aurelius





January 9th

Stoic Thought of the Day

Sufficient

Reflecting on our mortality.

At first glance, it may not seem like a “pleasant” practice.

But it is one of the most life-affirming things we can do.

Reminding ourselves that our time here is limited.

Helps us to appreciate the time we have left that much more.

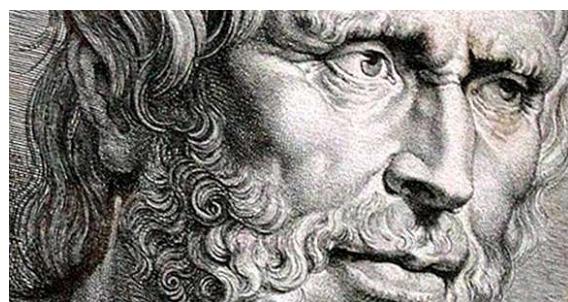
And live our lives more fully.

Stoic Reflection of the Day

Do I reflect on my mortality to help me be more grateful for the time I have left? If not, how can I introduce this into my Stoic practice?

“However short it is fully sufficient, and therefore whenever the last day comes, the wise man will not hesitate to meet death with a firm step.”

~Seneca





January 10th

Stoic Thought of the Day

Lapse

We must be vigilant at all times.

We must never let our guard down.

The most dangerous breaches come from inside the walls.

Inside our own minds.

The slightest slip could bring it all tumbling down.

All in the blink of an eye.

Be vigilant. Always stay on guard.

Against yourself.

Stoic Reflection of the Day

Are there weaknesses in the walls of my Stoicism? How can I strengthen the areas where the breaches are likely to happen?

“Very little is needed for everything to be upset and ruined, only a slight lapse in reason.”

~Epictetus





January 11th

Stoic Thought of the Day

Harmony

If you want a happy life.

Be happy with your circumstances.

Your life has unfolded in the only possible way it could have unfolded.

Love it.

Love it all.

All that happens to you.

Every last little bit.

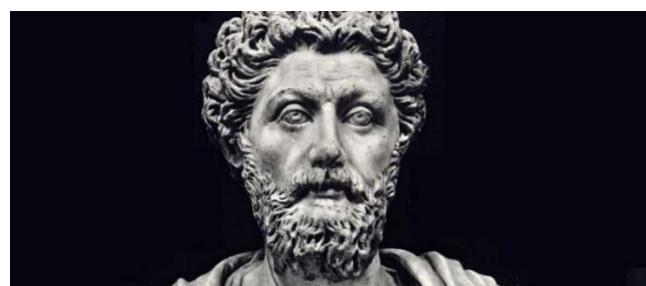
Stoic Reflection of the Day

Is there something in my life that I am fighting? What can I do to love it?

“To love only what happens, what was destined.

No greater harmony.”

~Marcus Aurelius





January 12th

Stoic Thought of the Day

Home

Wherever you happen to be.

You are at home.

Whatever circumstance you find yourself in.

You belong.

You are never out of place.

You are always exactly where you should be.

Make yourself at home.

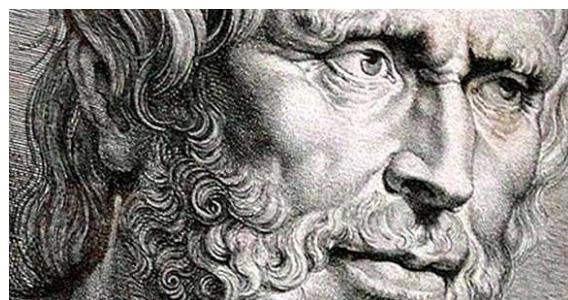
Home sweet home.

Stoic Reflection of the Day

Are there certain situations or locations where I feel “out of place”? How can I make myself feel more at home under those conditions?

“We should live with the conviction: I wasn't born for one particular corner. The whole world's my home country.”

~Seneca





January 13th

Stoic Thought of the Day

Reins

Ultimately, you answer to no human being.

You answer to a higher authority.

Then the expectations of another person.

You have a higher set of standards.

Than gaining the approval of others.

Don't be intimidated.

Don't be in awe of others.

They are just people.

Same as you.

Stoic Reflection of the Day

Is there anyone in my life I am intimidated by? Who and why?

“In the event that you are haled before someone wielding the reins of power, remember that there is somebody else looking down from above, and you have to answer to him.”

~Epictetus





January 14th

Stoic Thought of the Day

Earthly

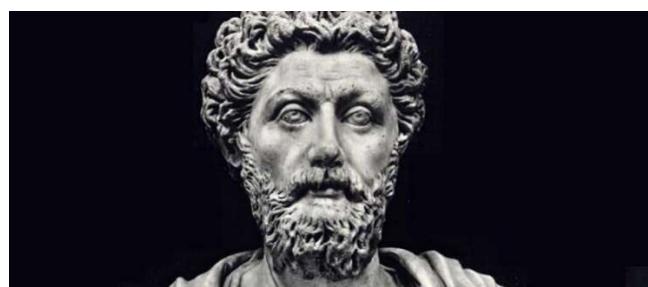
Everything that is simple.
Is part of an extraordinary web.
Everything that is extraordinary.
Is composed of simple pieces.
Don't take simple things for granted.
They are not only meaningful.
They are sacred.

Stoic Reflection of the Day

Am I taking time to notice and appreciate the simple blessings in my life?
What simple things am I grateful for?

“Nothing earthly succeeds by ignoring heaven,
nothing heavenly by ignoring the earth.”

~Marcus Aurelius





January 15th

Stoic Thought of the Day

Enough

Once you have accumulated the essentials.

Food, Clothing, Shelter, Love.

The rest is just frosting on the cake.

Nice have, but not needed.

Feel free to put frosting on your cake.

But remember.

The cake is still delicious without the frosting.

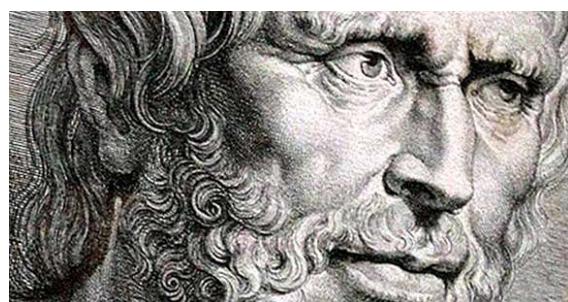
And much healthier.

Stoic Reflection of the Day

Am I craving the frosting? Or am I happy with the cake?

“You have to ask what is the proper limit to a person's wealth? First, having what is essential, and second, having what is enough.”

~*Seneca*





January 16th

Stoic Thought of the Day

Part

Life is like is a movie.

And you are an actor in this movie.

You had no choice of the movie you appear in.

But you do choose how to play your part.

Play your part well.

Be an Oscar award-winning actor.

In the movie of life.

Stoic Reflection of the Day

Am I content with the part I have in the movie of life? How can I play my part better?

“For this is your duty, to act well the part that is given to you; but to select the part, belongs to another.”

~Epictetus





January 17th

Stoic Thought of the Day

Deserter

Anger is one of the most destructive forces.

But its energy can also be used for good to create change.

The next time you feel the sting of anger.

Channel it inwards.

Instead of letting it explode outwards.

Harness its power to make things better.

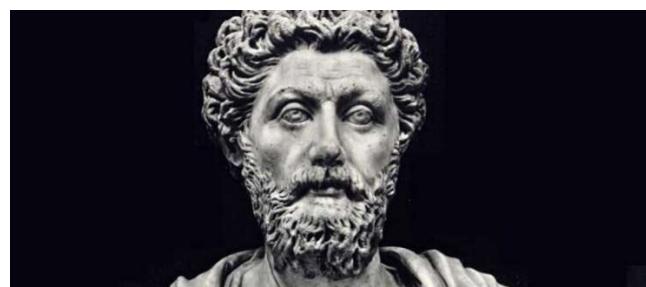
Instead of making them much, much worse.

Stoic Reflection of the Day

Do I control my anger? Or does my anger control me?

“Because anger too is weakness, as much as breaking down and giving up the struggle. Both are deserters: the man who breaks and runs, and the one who lets himself be alienated from his fellow humans.”

~Marcus Aurelius





January 18th

Stoic Thought of the Day

Equipment

It is completely within your grasp.

To have everything you want.

Just want everything you have.

It does not take much to be happy.

When your needs are few.

He who wants the least.

Has the most.

Stoic Reflection of the Day

Is there something I currently want, that I do not really need? Can I do without it?

“It was nature's intention that there should be no need of great equipment for a good life: every individual can make himself happy.”

~*Seneca*





January 19th

Stoic Thought of the Day

Banquet

Conduct yourself at the banquet of life.

With patience and moderation.

Be Stoic.

Wait patiently.

And when what you are waiting for arrives.

Take only your fair share.

Leave plenty for the others.

Everything in moderation.

Stoic Reflection of the Day

In what areas of my life am I being impatient or greedy? How can I better practice patience and moderation?

“Remember to conduct yourself in life as if at a banquet. As something being passed around comes to you, reach out your hand and take a moderate helping. Does it pass you by? Don’t stop it. It hasn’t yet come? Don’t burn in desire for it, but wait until it arrives in front of you.”

~Epictetus





January 20th

Stoic Thought of the Day

Disturbance

The universe is completely neutral.

A beautiful machine.

That runs by scientific principles.

Without good, or bad intention towards us.

Disturbance comes from within.

Our world is a blank canvas.

We get to choose how we will color it in.

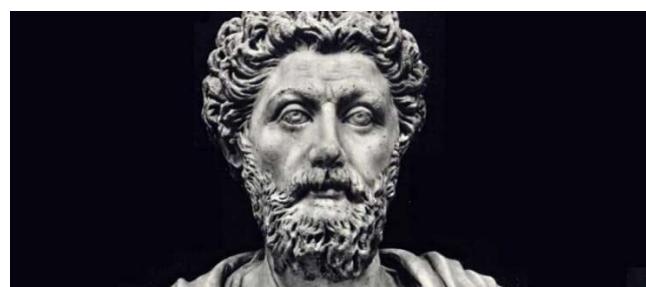
With our thoughts and perceptions.

Stoic Reflection of the Day

How am I choosing to color in the canvas of my life? Am I using dark monochromatic colors? Or am I using bright, vibrant colors?

“Things have no hold on the soul. They stand there unmoving, outside it. Disturbance comes only from within—from our own perceptions.”

~Marcus Aurelius





January 21st

Stoic Thought of the Day

Expectation

There are two places you should travel to with extreme caution.

Two treacherous places full of danger.

One of those places is the Past.

The other is the Future.

Go, if you must, to reflect on happy memories.

Or to prepare.

But if you are going for regret or worry.

You are better off staying home.

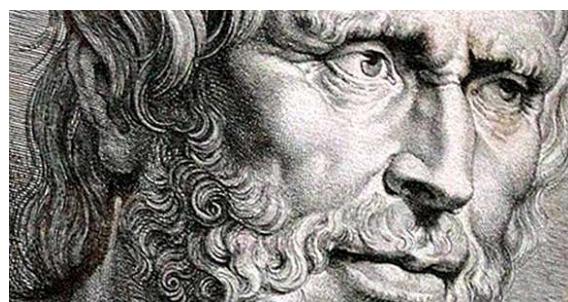
In the Present.

Stoic Reflection of the Day

What are the things I regret or worry about? How can I stay more anchored in the present?

“They lose the day in expectation of the night,
and the night in fear of the dawn.”

~Seneca





January 22nd

Stoic Thought of the Day

Purpose

The author Simon Sinek teaches us to “Start With Why.”

Stephen Covey advises us to “Begin With the End in Mind.”

The lesson is the same as the one Epictetus taught long ago.

Know your purpose.

Then act.

Purpose without action is useless.

Action without purpose is wasted.

Stoic Reflection of the Day

Where in my life do I act without purpose? Would those actions be more effective if I did them with intention and purpose?

“First say to yourself what you would be; and then do what you have to do.”

~Epictetus





January 23rd

Stoic Thought of the Day

Overshadow

“I’ll do it tomorrow.”

We are all guilty of putting off things that should be done now.

Problem is.

Tomorrow is not promised.

If we don’t do it now.

It may never get done.

Don’t leave your business unfinished.

If it needs to be done.

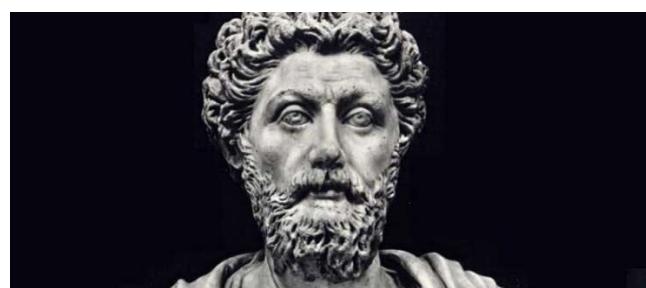
Do it now.

Stoic Reflection of the Day

Am I procrastinating on anything important? What first step can I take to get it done?

“Not to live as if you had endless years ahead of you. Death overshadows you. While you’re alive and able—be good.”

~Marcus Aurelius





January 24th

Stoic Thought of the Day

Gentle

If you want to be weak.

Be hard.

If you want to be strong.

Be gentle.

The weak are cruel.

While the strong are kind.

Let the world know you are strong.

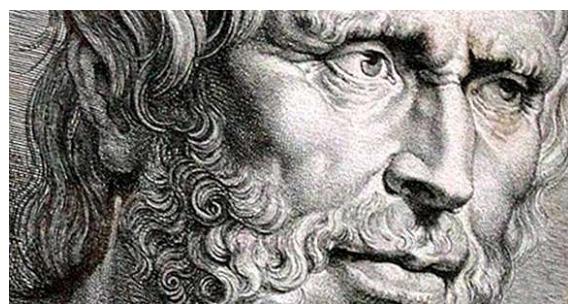
By being kind and gentle.

Stoic Reflection of the Day

In what areas of my life am I being too hard? Where would I benefit from a gentler touch?

“All cruelty springs from weakness.”

~Seneca





January 25th

Stoic Thought of the Day

Foolish

Thinking you know everything.

Is the surest way to learn nothing.

If you want to become a professional.

You must be prepared to be an amateur.

Embrace the role.

Ask questions.

Make mistakes.

Look foolish.

Over, and over, and over.

Stoic Reflection of the Day

Are there things I won't do for fear of looking "foolish" or "stupid"? How can I push through that resistance?

"If you want to improve, be content to be thought foolish and stupid."

~Epictetus





January 26th

Stoic Thought of the Day

Fortune

In a sense, we create our own luck.

Through our actions and motives.

If you want things to work in your favor.

Have good intentions.

If you want good fortune.

Do good things.

If you want good luck.

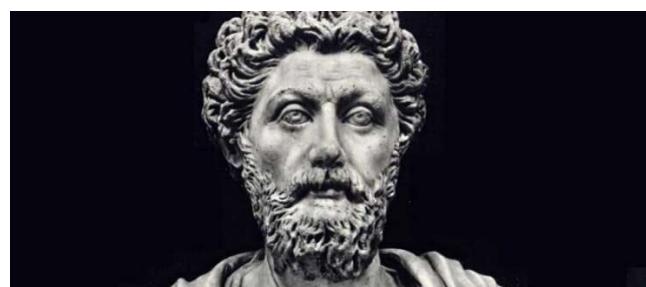
Be a good person.

Stoic Reflection of the Day

Do my actions ever lead to bad fortune? How can I improve my actions to improve my luck?

“But true good fortune is what you make for yourself. Good fortune: good character, good intentions, and good actions.”

~Marcus Aurelius





January 27th

Stoic Thought of the Day

Easy

Anything worth doing.

Will be challenging.

It won't come easy.

It will require...

Dedication

Discipline

And good, old-fashioned hard work.

Are you prepared to put in the effort?

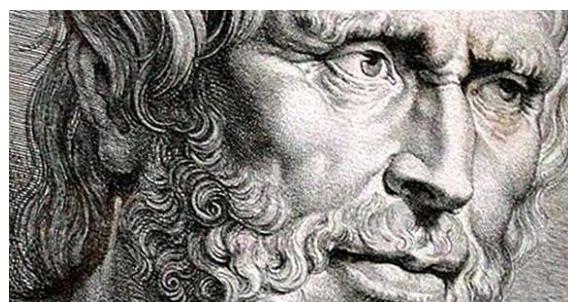
To reap the reward.

Stoic Reflection of the Day

Is there anything I am procrastinating on because I am intimidated by the work? Is it worth the effort to me?

"There is no easy way from the earth to the stars."

~Seneca





January 28th

Stoic Thought of the Day

Embody

People don't have to hear your words.

To know what you value.

All they have to do...

Is watch you.

Your actions will tell them everything they need to know.

About the type of person you are.

Stoic Reflection of the Day

As cliched as it is...do I walk the talk? How can I better embody my philosophy?

“Don't explain your philosophy. Embody it.”

~Epictetus





January 29th

Stoic Thought of the Day

Possible

You are equipped with the same tools as the people you admire.

You have a brain to think.

You have a body to work.

You have will to stay disciplined.

You have personality to build a network.

The one thing you have that they didn't.

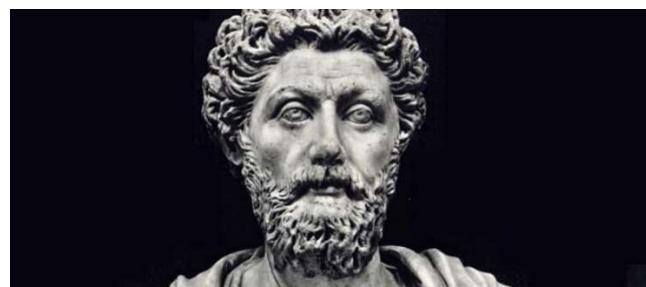
Excuses.

Stoic Reflection of the Day

What reasons do I have for not achieving my dreams? Are they valid or am I making excuses?

“Not to assume it’s impossible because you find it hard. But to recognize that if it’s humanly possible, you can do it too.”

~Marcus Aurelius





January 30th

Stoic Thought of the Day

Quarrel

Sometimes the only way to win an argument.

Is to excuse yourself from it.

Win back your time,

Win back your peace of mind.

Win back your integrity.

Some people's minds are just not going to be changed.

And besides.

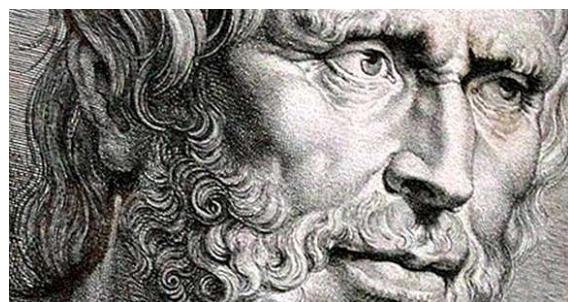
Brick walls are no fun to talk to.

Stoic Reflection of the Day

Do I dig in my heels during arguments? Or do I know when it is time to bow out?

“A quarrel is quickly settled when deserted by one party: there is no battle unless there be two.”

~Seneca





January 31st

Stoic Thought of the Day

Rejoice

You can choose to focus on what you want.
And spend your life striving, but never arriving.

Or...

You can choose to focus on what you have.
And lead a life of abundance and gratitude.

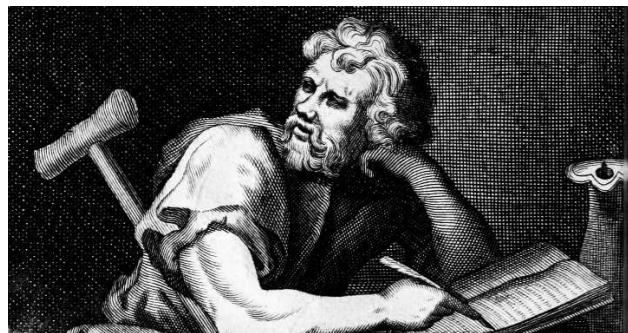
Your call.

Stoic Reflection of the Day

Do I find myself being unhappy because of something I want? How can I better appreciate the things I already have?

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

~Epictetus





February 1st

Stoic Thought of the Day

Now

The best time to practice your philosophy.

Is now.

All the work you put in.

The practice.

Has led you to this very moment.

The past is gone.

The future will take care of itself.

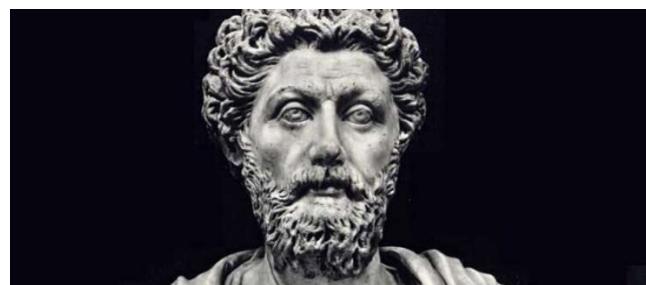
Your job is to tend to the Now.

Stoic Reflection of the Day

Do I spend too much time in the past and /or future? How can I become more anchored in the Now?

“It stares you in the face. No role is so well suited to philosophy as the one you happen to be in right now.”

~Marcus Aurelius





February 2nd

Stoic Thought of the Day

Sail

The sage does everything with intention.

No action is wasted.

Before you spring into action.

Have an intention.

It is no guarantee of success.

Fate will still have its way with you.

But it swings the odds in your favor.

Action without intention is wasted.

Stoic Reflection of the Day

Are there times that I am ineffective because I act without intention?

How can I become more intentional in my actions?

“If a man knows not to which port he sails, no wind is favorable.”

~Seneca





February 3rd

Stoic Thought of the Day

Deeds

If you want the respect of others.

Respect yourself.

If you want others to follow your example.

Be a good power of example.

People will not respond to your words.

But they will be inspired by your actions and deeds.

Stoic Reflection of the Day

Am I a good power of example? Do my actions match my words?

“You will earn the respect of all if you begin by earning the respect of yourself. Don't expect to encourage good deeds in people conscious of your own misdeeds.”

~Musonius Rufus





February 4th

Stoic Thought of the Day

Laugh

If someone says something bad about you.

They are doing you a favor.

If it is true.

They are pointing out something you need to improve.

If it is false.

They are giving you a chance to practice your Stoicism.

Laugh it off.

Stoic Reflection of the Day

Do I get upset when people speak ill of me? How can I use it as an opportunity to improve?

“If evil be said of thee, and if it be true, correct thyself; if it be a lie, laugh at it.”

~Epictetus





February 5th

Stoic Thought of the Day

Shocked

Don't let yourself be taken by surprise.

By things that happen all the time.

People misbehave.

Plans fall apart.

Things go sideways.

These are the norm.

You should be more surprised.

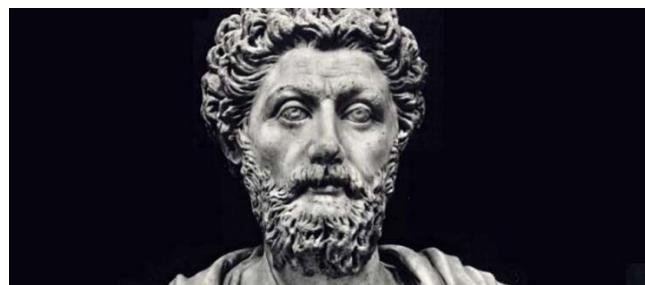
When everything goes exactly according to plan.

Stoic Reflection of the Day

Do I get thrown off by everyday inconveniences? Or am I prepared for things to go sideways?

“No longer shocked by everyday events—as if they were unheard-of aberrations.”

~Marcus Aurelius





February 6th

Stoic Thought of the Day

Escape

Changing your scenery.

Will not change your life.

No matter where you go.

You are guaranteed to follow.

If you want real change.

I mean real, long-lasting, meaningful change.

Change your internal landscape.

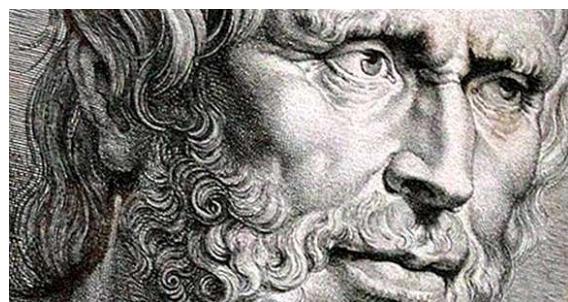
Not your external.

Stoic Reflection of the Day

Do I try to change the outside to fix the inside? Or do I change the inside to fix the outside?

“If you really want to escape the things that harass you, what you’re needing is not to be in a different place but to be a different person.”

~Seneca





February 7th

Stoic Thought of the Day

Speak

Words are powerful.

They can build bridges or dig graves.

Use them thoughtfully.

Think before you speak.

You will never want to take back your words.

If you give them with truth and integrity.

Stoic Reflection of the Day

Do I think before I speak? How can I speak more thoughtfully?

**“First learn the meaning of what you say, and
then speak.”**

~Epictetus





February 8th

Stoic Thought of the Day

Prevail

Instead of seeing things as threats.

See them as opportunities.

Life has presented you with a challenge.

A test to see what you are made of.

Will you fold?

Or will you rise to the occasion?

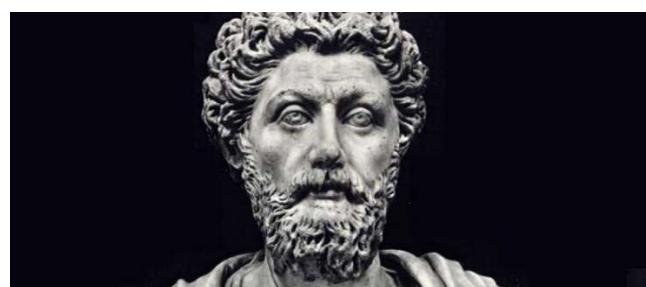
And pass with flying colors.

Stoic Reflection of the Day

What do I see as threats? How can I flip the script and see them as opportunities?

“So, remember this principle when something threatens to cause you pain: the thing itself was no misfortune at all; to endure it and prevail is great good fortune.”

~Marcus Aurelius





February 9th

Stoic Thought of the Day

Brave

A life of fear.

Is a life of limitation.

A life of courage.

Is a life of opportunity.

Your life contracts to the level of your fear.

And expands to the level of your courage.

When in doubt.

Be brave.

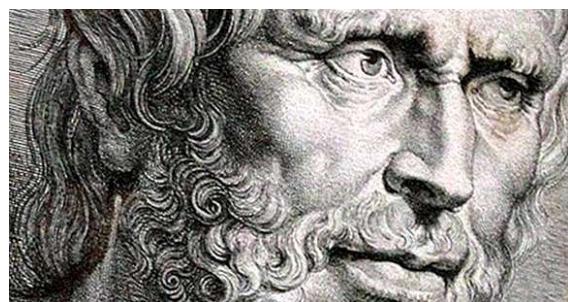
And be free.

Stoic Reflection of the Day

How am I limiting myself through fear? How can I exhibit more courage in this situation?

“He who is brave is free.”

~*Seneca*





February 10th

Stoic Thought of the Day

Suddenly

If you want to go far.

Be prepared to go slow.

If you want meaningful results.

Be prepared to be patient.

If you want to accomplish great things.

Be prepared to put in the work.

Day, after day, after day...

Stoic Reflection of the Day

Where in my life am I being impatient? How can I better enjoy the journey?

“No great thing is created suddenly.”

~Epictetus





February 11th

Stoic Thought of the Day

Change

Change is inevitable.

You can resist it in fear.

And swim in stagnant waters of sameness.

Or you can embrace it with courage.

And swim in a fresh spring of new opportunities.

Change your attitude towards change.

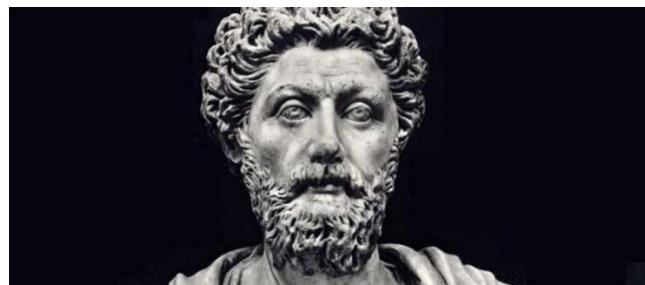
And change your life.

Stoic Reflection of the Day

Is there anything I am not doing from fear of change? How can I take the next step?

“Frightened of change? But what can exist without it? Can any process take place without something being changed?”

~Marcus Aurelius





February 12th

Stoic Thought of the Day

Wise

Learning builds intelligence.

Experience builds wisdom.

Learning is great.

But eventually...

You will need to develop your own philosophy of life.

It will be a combination of what you have learned.

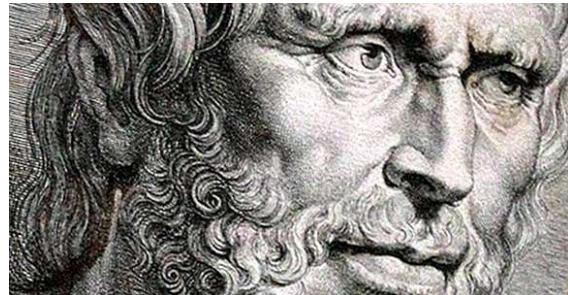
And what you have experienced.

Stoic Reflection of the Day

Am I establishing a good balance between learning and experience? How can I take what I have learned and turn it into experience?

“No man was ever wise by chance.”

~Seneca





February 13th

Stoic Thought of the Day

Bad

The most difficult problem to fix.

Is the one that is not acknowledged.

The first step to fixing any problem.

Is admitting there is a problem.

That is where the magic starts.

Unforeseen forces will come to your aid.

Once you admit you have a problem.

It may not be an easy problem to fix.

But it is impossible to fix.

Until it is dragged out into the light.

Stoic Reflection of the Day

Do I have any unacknowledged problems? Is it time to drag anything out into the light?

“If you wish to be good, first believe that you are bad.”

~Epictetus





February 14th

Stoic Thought of the Day

Love

Love starts as a noun.

But ultimately becomes a verb.

We prove our love to others.

Not through feelings.

But by doing simple and unselfish deeds.

That benefit them and not us.

Over, and over, and over.

In its truest form.

Love is an action.

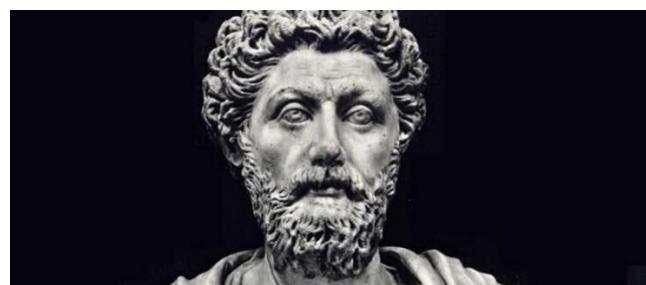
Not an emotion.

Stoic Reflection of the Day

How can I better care for the ones I love? How can I prove my love to them through action?

“To be free of passion and yet full of love.”

~Marcus Aurelius





February 15th

Stoic Thought of the Day

Ignorance

When you were a child.

You were afraid of monsters in the closet.

You didn't know there was no such thing.

They were only in your head.

Now you are grown.

But the monsters haven't gone away.

They are different, but you still fear them.

The one thing that hasn't changed?

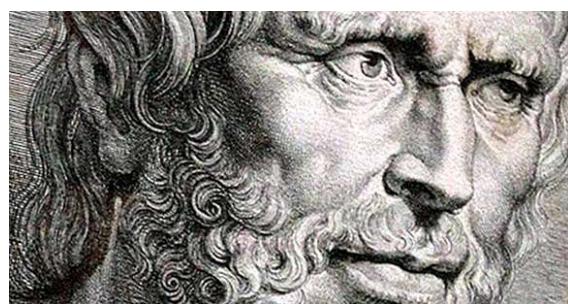
They are still only in your head.

Stoic Reflection of the Day

What do I most fear? Is it likely to happen, or is it mostly in my head?

“Ignorance is the cause of fear.”

~Seneca





February 16th

Stoic Thought of the Day

Little

Looking at the world from the inside out, we seem huge.

Everything fits inside our head.

We are at the center of it all.

But when we look at ourselves from a different perspective.

From the outside in.

We are tiny.

An infinitesimal spark in the vastness of the universe.

Stoic Reflection of the Day

Does my ego put me in the center of the universe? How can I be more humble?

“You are a little soul carrying around a corpse.”

~Epictetus





February 17th

Stoic Thought of the Day

Overshadow

How much sand is left is left in the hourglass?

None of us know.

The only thing we know for sure?

One day it will run out.

Be thankful for the time you have had.

Make the most of the time you have left.

Live it well.

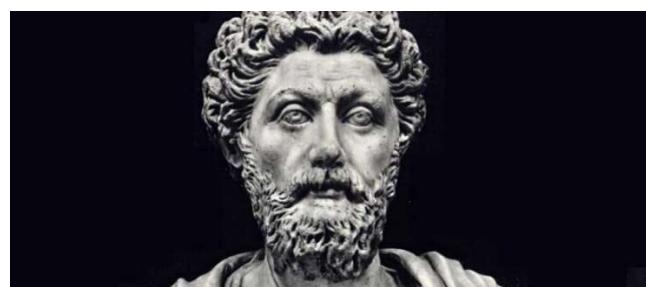
It's all you can do.

Stoic Reflection of the Day

Am I making the most of the time I have left? How can I spend my time more wisely?

“Not to live as if you had endless years ahead of you. Death overshadows you. While you’re alive and able—be good.”

~Marcus Aurelius





February 18th

Stoic Thought of the Day

Dare

The riskiest thing you can do?

Don't take any risks.

The most dangerous thing you can do?

Play it safe.

You think making a change is scary?

Try being the same exact person.

Day, after month, after year.

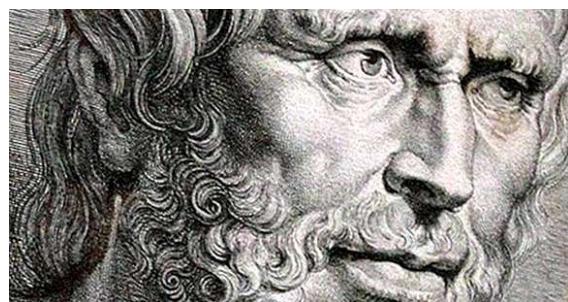
That is scary as hell.

Stoic Reflection of the Day

Where am I taking a risk by playing it safe? What is the first thing I can do to push past that fear?

“It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.”

~Seneca





February 19th

Stoic Thought of the Day

Anchor

Don't walk a tightrope.

Without a safety net.

Don't jump out of a plane.

Without a parachute.

Don't make plans.

Without accounting for contingencies.

It's impossible to account for every scenario.

But you can reduce the chance of disaster with a backup plan.

Stoic Reflection of the Day

Do I have any single points of failure in my life? What areas can I shore up to better protect myself from disaster?

“Neither should a ship rely on one small anchor, nor should life rest on a single hope.”

~Epictetus





February 20th

Stoic Thought of the Day

Ordained

What happens to us.

Is outside our control.

We are at the mercy of fate, chance, and nature.

But how we choose to respond.

Is 100% within our control.

Stop blaming, stop pointing fingers.

Stop focusing on the problem.

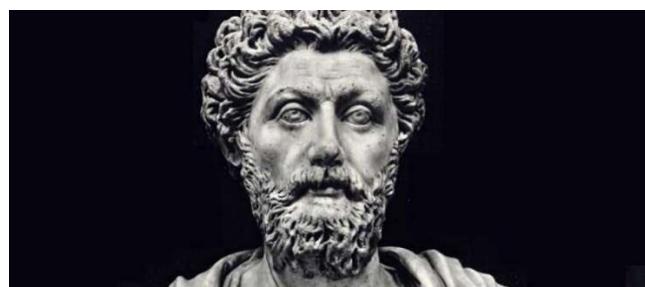
Start creating the solution.

Stoic Reflection of the Day

Where in my life am I pointing fingers and placing blame? How can I take more responsibility for that situation?

“What is done to me is ordained by nature, what I do by my own.”

~Marcus Aurelius





February 21st

Stoic Thought of the Day

Luck

We create our own luck.

Through practice and being proactive.

Practice helps us to be prepared.

Being proactive helps to create opportunities.

People who practice and have a bias for action.

Are the luckiest people I know.

Stoic Reflection of the Day

Am I creating luck for myself? How can I better practice and be proactive to generate opportunities?

“Luck is what happens when preparation meets opportunity.”

~Seneca





February 22nd

Stoic Thought of the Day

Model

You may not be the person you want to be yet.

That is ok.

There is always room for improvement.

But you do know the type of person you want to become.

Simply act as that person would.

Be your own role model.

Fake it until you make it.

Stoic Reflection of the Day

Do I have a vision of the person I want to become? When can I call on that person to help me?

“Imagine for yourself a character, a model personality, whose example you determine to follow, in private as well as in public.”

~Epictetus





February 23rd

Stoic Thought of the Day

Color

Fabric will take on the color of what it is soaked in.

If you soak it in a beautiful colored dye.

You will have a beautiful piece of fabric.

If you soak it in an ugly colored dye.

You will have an ugly piece of fabric.

The same goes for your mind.

Soak it in beautiful thoughts.

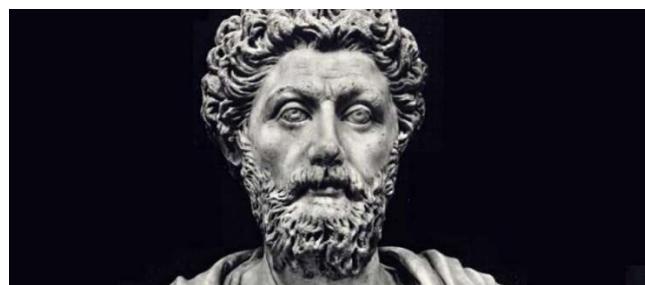
And you will have a beautiful mind.

Stoic Reflection of the Day

Are my thoughts improving the quality of my mind? What can I do to make the color of my thoughts more beautiful?

“The things you think about determine the quality of your mind. Your soul takes on the color of your thoughts.”

~Marcus Aurelius





February 24th

Stoic Thought of the Day

Fire

The melting point of gold is 1,948 °F (1,064°C).

What is your melting point?

At what point do you break down and let negative emotion take over.

Fear

Anger

Sadness

Keep practicing.

Keep challenging yourself.

Keep overcoming adversity.

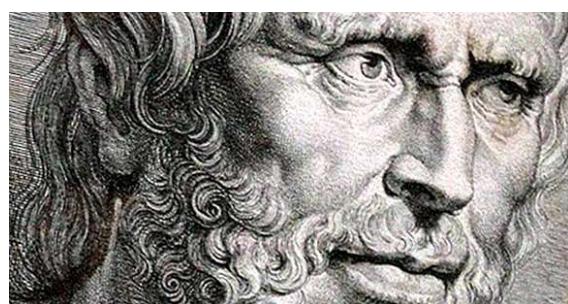
Raise your melting point.

Stoic Reflection of the Day

How am I standing up against negative emotions? How can I raise my melting point?

“Fire tests gold and adversity tests the brave.”

~Seneca





February 25th

Stoic Thought of the Day

Laugh

Do you see life as a comedy or a tragedy?

There is no right or wrong choice.

It is a matter of perspective.

However, there is a choice that will make life more fun.

See life as a comedy.

And yourself as a comedian.

And you will never run out of laughs.

Stoic Reflection of the Day

Am I taking myself too seriously? Where do I need to take myself more lightly?

“He who laughs at himself never runs out of things to laugh at.”

~Epictetus





February 26th

Stoic Thought of the Day

Mistakes

It's funny...

People get mad at others.

For making the same exact mistakes.

That they themselves have made a thousand times.

Don't be that person.

Instead...

Treat them the same way you want to be treated.

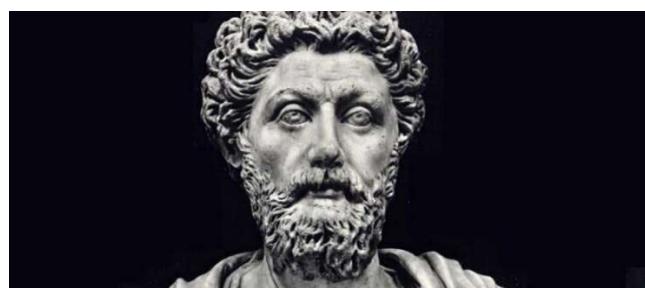
When you screw up.

Stoic Reflection of the Day

When was the last time I got upset at someone for making a mistake?
Have I made that same mistake?

“To feel affection for people even when they make mistakes is uniquely human. You can do it, if you simply recognize: that they’re human too.”

~Marcus Aurelius





February 27th

Stoic Thought of the Day

Diligence

Intelligence is overrated.

Hard work

Persistence

Diligence

Discipline

All contribute to your success more than intelligence will.

You might not be able to outsmart them.

But you can out-work them.

Every single time.

Stoic Reflection of the Day

Am I putting in the work? Where in my life can I work just a little bit (or a lot) harder?

“Diligence is a very great help even to a mediocre intelligence.”

~Seneca





February 28th

Stoic Thought of the Day

Feared

Pain is mandatory.

Suffering is optional.

Getting old is mandatory.

Feeling old is optional.

Death is mandatory.

Dreading it is optional.

You can save yourself a ton of misery.

If you just accept being a human.

With grace and dignity.

Stoic Reflection of the Day

Is there anything in my life I am being too dramatic about? How can I be more Stoic?

“For it is not death or pain that is to be feared, but the fear of pain or death.”

~Epictetus





February 29th

Stoic Thought of the Day

Harm

Injuries to your body.

Will eventually heal.

Injuries to your character.

May never heal.

Even after years and years.

The damage may never be repaired.

Be a good caretaker.

Of your character.

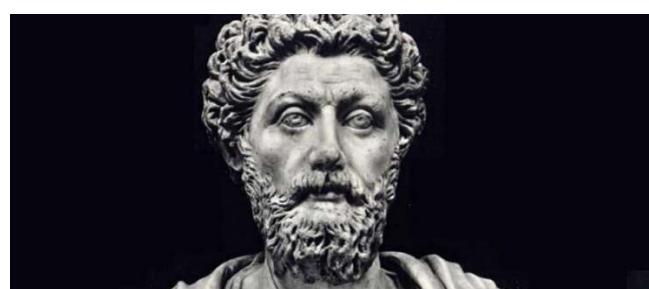
It's the most valuable asset you have.

Stoic Reflection of the Day

Have I done anything recently to damage my character? How can I be a better caretaker of my character?

“If it doesn’t harm your character, how can it harm your life?”

~Marcus Aurelius





March 1st

Stoic Thought of the Day

Punishment

Stoic Thought of the Day

Suffering over future events has no reward.

Suffering in the present moment has a reward.

The struggle of learning something new.

The pain of a challenging workout.

The sting of a mistake made.

Is punishment earned.

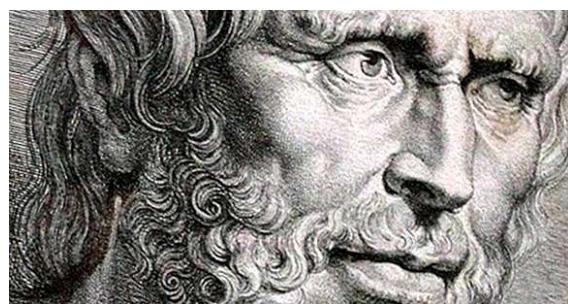
And valuable.

Stoic Reflection of the Day

Where am I taking it too easy? How can I challenge myself more in that area?

“To expect punishment is to suffer it; and to earn it is to expect it.”

~*Seneca*





March 2nd

Stoic Thought of the Day

Everybody is looking for the perfect diet, workout, and supplements.

To live longer and look better.

That's fine.

Taking care of your body is important.

But, while you are focusing on living longer.

Also focus on living well.

In the quest for a beautiful body.

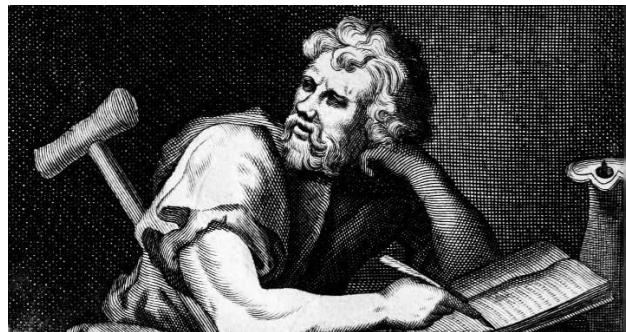
Make sure you are creating a beautiful soul.

Stoic Reflection of the Day

Am I working on developing my mind as hard as I am working on developing my body? What can I do to create a more beautiful soul?

“It is more necessary for the soul to be cured than the body; for it is better to die than to live badly.”

~Epictetus





March 3rd

Stoic Thought of the Day

Wrestler

Sometimes life requires grace.

But more often it requires grit.

Discipline.

Perseverance.

Fortitude.

Traits that will prepare you for inevitable challenges.

Be ready.

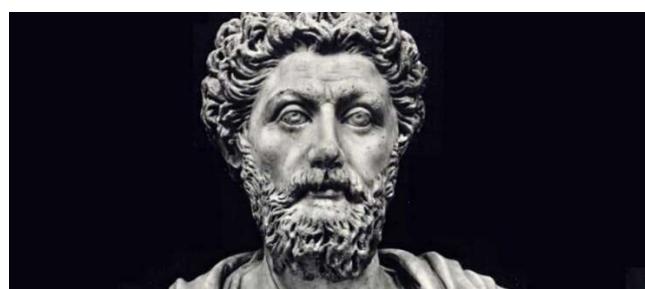
Don't be taken by surprise.

Stoic Reflection of the Day

Are there times that I allow life to take me by surprise? How can I better prepare myself for the challenges I face?

“Not a dancer but a wrestler: waiting, poised and dug in, for sudden assaults.”

~Marcus Aurelius





March 4th

Stoic Thought of the Day

Days

It's easy to measure the quantity of days you have lived.

But how do you measure the quality?

What is the unit of measure for a life well-lived?

It's hard to quantify, but easy to qualify.

Be kind, useful, and patient.

When it comes to days lived.

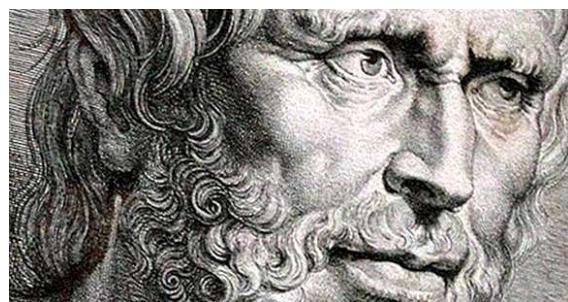
Quality is greater than quantity.

Stoic Reflection of the Day

Do I measure my days by quantity or quality? How can I increase the quality of my days?

“It's not years nor days, but the mind, that determines that we've lived enough.”

~Seneca





March 5th

Stoic Thought of the Day

Lost

It is impossible to lose something.

That you are only borrowing.

And you are only borrowing everything currently in your possession.

If you lose it.

Accept that your time with it is over.

There is a big difference between losing something.

And letting something go.

Let it go.

Stoic Reflection of the Day

Have I lost something recently that I am missing? How can I let it go?

“Never say about anything, I have lost it, but
only I have given it back.”

~Epictetus





March 6th

Stoic Thought of the Day

Anticipating

Don't let yourself be offended, insulted, or affronted.

By the unpleasant behavior of others.

It's the most inevitable thing that can happen.

Something you should anticipate.

Don't be taken by surprise.

When people behave badly.

It's what they do.

And, if you are honest with yourself...

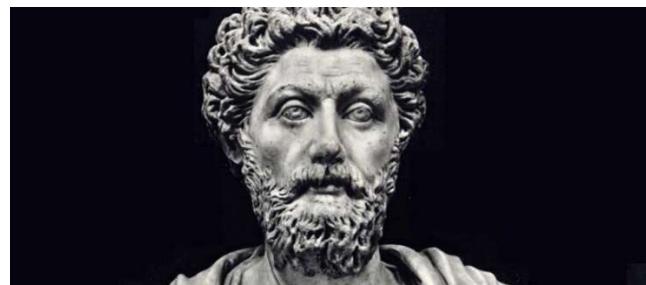
You do too sometimes.

Stoic Reflection of the Day

Di I get offended by the bad behavior of others? How can I better hope for the best in people but be prepared for the worst?

“Yes, boorish people do boorish things. What's strange or unheard-of about that? Isn't it yourself you should reproach—for not anticipating that they'd act this way?”

~Marcus Aurelius





March 7th

Stoic Thought of the Day

Brave

Fear is a trap.

A prison of our own making.

It keeps us in a cell.

Looking out from behind the bars we created.

At what we want but are too afraid to claim.

You hold the key to freedom.

The key is courage.

Turn the key. Swing open the cell door.

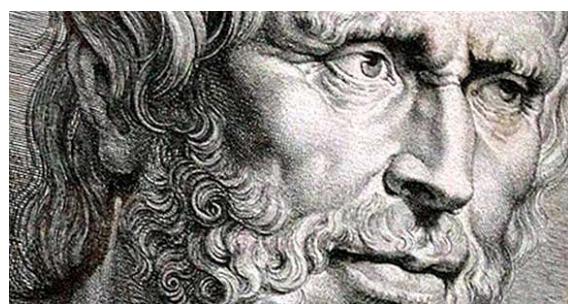
Bravely claim your prize.

Stoic Reflection of the Day

What is fear holding me back from? What act of courage to do need to perform to claim my prize?

“He who is brave is free.”

~*Seneca*





March 8th

Stoic Thought of the Day

Know

The fool rushes to give a half-baked answer to a question.

In their attempt to impress with how smart they are.

They end up looking dumb.

The wise admit when they do not know the answer.

They listen and learn.

The best answer to give when you don't know the answer?

“I don't know.”

Stoic Reflection of the Day

Am I eager to blurt out answers to questions I don't really know the answer to? When can I be more humble and say, “I don't know,”?

“It is impossible to learn that which one thinks one already knows.”

~Epictetus





March 9th

Stoic Thought of the Day

Endurable

“I can’t carry this burden.”

Yes, you can.

“It is too heavy for me.”

No, it’s not.

You have a reserve of strength within you.

That will allow you to endure.

All you have to do.

Is tap into it.

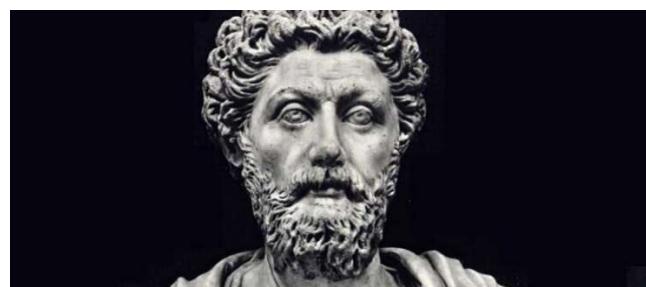
You are stronger than you know.

Stoic Reflection of the Day

Is there an emotional burden I am carrying? What can I do to lighten the load?

“Just remember: you can endure anything your mind can make durable.”

~*Marcus Aurelius*





March 10th

Stoic Thought of the Day

Powerful

You think you are powerful.

When you can get others to bend to your will.

But what about yourself?

Can you bend your actions to your own will?

Or do you do things you say you don't want to do?

Real power comes.

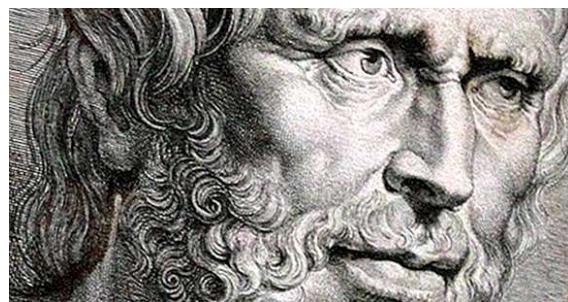
From mastery over yourself.

Stoic Reflection of the Day

What is one thing I do that I say I don't want to do? What is the first step I can take to mastering this behavior?

“Most powerful is he who has himself in his own power.”

~Seneca





March 11th

Stoic Thought of the Day

Effort

There is no failure where there is effort.

You accomplish your goal.

Or you learn.

The only way to fail is to not even try.

Go ahead.

Shoot your shot.

The worst that can happen is you miss.

No shame in that.

Just shoot again.

Stoic Reflection of the Day

Is there a shot am I afraid of taking because I might miss? What am I waiting for?

“There is no shame in making an honest effort.”

~*Epictetus*





March 12th

Stoic Thought of the Day

Eternal

Your stay here is brief.

Don't waste any of your precious time.

Running away from things you fear.

And running towards things you desire.

Stand still.

Accept what is happening.

Appreciate what you have.

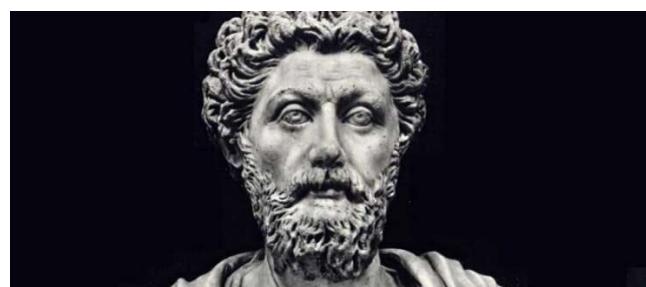
Make the most of your time.

Stoic Reflection of the Day

What am I running from...can I accept it? What am I chasing...do I really need it?

“None of us have much time. And yet you act as if things were eternal—the way you fear and long for them.”

~Marcus Aurelius





March 13th

Stoic Thought of the Day

Comparison

If you are only happy when good things happen to you.
You are severely limiting your opportunities for happiness.
But if you are happy when good things happen to others.

Your opportunities for happiness abound.

Want to double your happiness?

Be as happy for the good fortune of others.

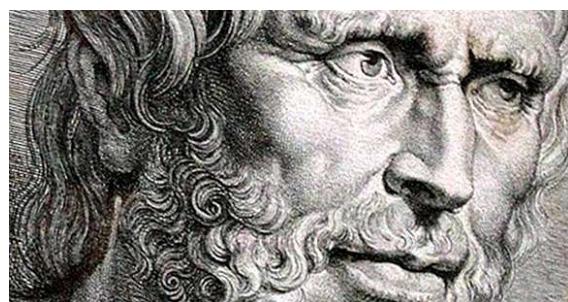
As you are for your own good fortune.

Stoic Reflection of the Day

Do I ever get jealous over the success of others? How can I better learn to celebrate their success?

“Let us take pleasure in what we have received and make no comparison; no man will ever be happy if tortured by the greater happiness of another.”

~Seneca





March 14th

Stoic Thought of the Day

Surmount

“That was easy.”

Said no one who accomplished something meaningful.

The size of the reward is proportionate to the size of the effort required to achieve it.

Upgrade your life.

By upgrading your challenges.

No grind.

No glory.

Stoic Reflection of the Day

In what area of my life am I taking it too easy? Where can I work harder to achieve a critical goal?

“The greater the difficulty, the more glory in surmounting it. Skillful pilots gain their reputation from storms and tempests.”

~Epictetus





March 15th

Stoic Thought of the Day

Mind

Most of your body you have no control over it.

Hair color, eye color, height.

You have no say in the matter.

And your health be taken from you at any time.

No questions asked.

But your mind?

That is all yours.

Own it.

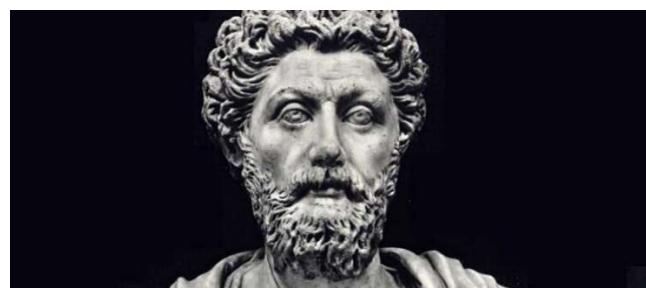
It is the only thing that you have clear title to.

Stoic Reflection of the Day

Am I taking time to care for my mind? How can I take better care of this precious possession?

“Your three components: body, breath, mind.
Two are yours in trust; to the third alone you
have clear title.”

~Marcus Aurelius





March 16th

Stoic Thought of the Day

Beginning

Everything that begins.

Will ultimately end.

Don't be saddened by the loss.

Be grateful for the experience.

And celebrate the new opportunity.

Everything that seems like an ending.

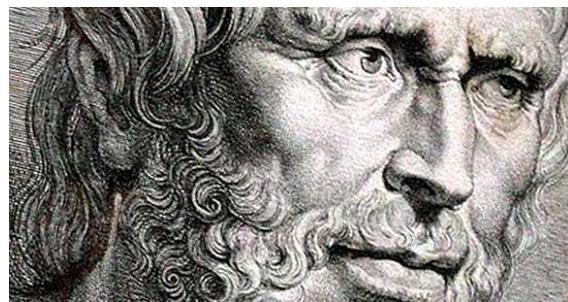
Is actually a new beginning.

Stoic Reflection of the Day

Is there something I have recently lost that I am grieving? What is the new beginning that I am not seeing?

“Every new beginning comes from some other beginning’s end.”

~Seneca





March 17th

Stoic Thought of the Day

Awake

How much time do you spend sleepwalking through the day?

So distracted by thoughts.

That you miss out on the only time that truly matters.

Wake up!

Snap yourself out of the dream.

Treat yourself to the gift.

Of the present moment.

Stoic Reflection of the Day

Do I spend too much time in distraction? What can I do to be more present?

“Do you realize that you are awake?” ‘No, any more than when I dream and have the impression that I am awake.’ ‘And is the one impression in no way different from the other?’

‘No.’

~Epictetus





March 18th

Stoic Thought of the Day

Philosophical

Chasing desires is a waste of your valuable energy.

The stronger you desire something, the more power it has over you.

Be careful of what you crave.

And discerning with your desires.

Getting yourself to a place where abstaining feels better than indulging.

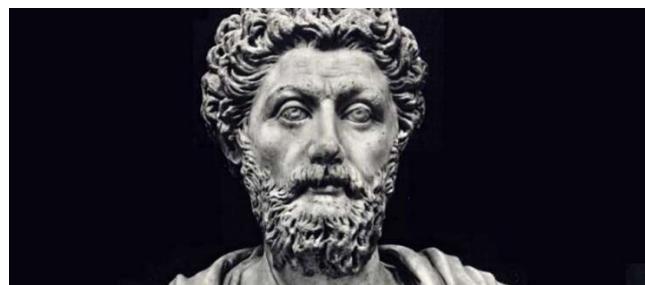
Is a powerful place to be.

Stoic Reflection of the Day

What do I indulge in, that would better to abstain from? How can I take one small step towards abstinence?

“How trivial the things we want so passionately are. And how much more philosophical it would be to take what we’re given.”

~Marcus Aurelius





March 19th

Stoic Thought of the Day

Unconquerable

The body is easily conquered.

By any number of things outside your control.

Disease, injury, accidents.

But your mind cannot be overcome.

Even if the body is beaten, bruised, and broken down.

Even if the body is lying on its deathbed.

The mind remains free.

Stoic Reflection of the Day

Am I building my mind to be stronger than my body? How can I continue to keep my mind strong beyond the time my body grows weak?

**“It is the power of the mind to be
unconquerable.”**

~Seneca





March 20th

Stoic Thought of the Day

Worried

Often, we are not worried about the problem itself.

We worry about the worry.

If this happens, I will be worried.

If that happens, I will be worried.

Ugh, what a mess.

Get off the merry-go-round of worry.

Focus on what you can control.

Plan more. Prepare more.

Worry less.

Stoic Reflection of the Day

What am I worried about right now? How can I better plan and prepare to reduce my worry?

“Man is not worried by real problems so much as by his imagined anxieties about real problems.”

~Epictetus





March 21st

Stoic Thought of the Day

Doing

Long before Nike told us to “Just do it.”

A Roman emperor wrote the same words.

We overthink.

We procrastinate.

We wait for the perfect moment.

All the while, the thing we need to do remains undone.

When something needs to be done.

Keep it simple.

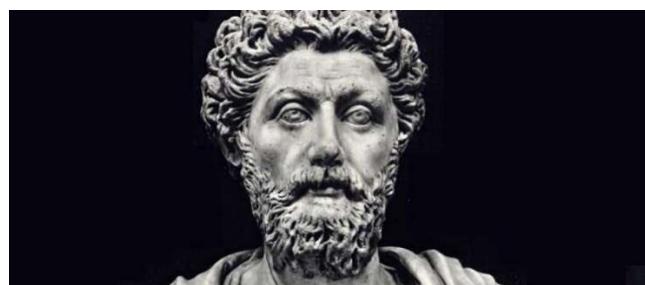
Just do it.

Stoic Reflection of the Day

What am I procrastinating on? What can I do right now to get started?

“If it's that you're not doing something you think you should be, why not just do it?”

~Marcus Aurelius





March 22nd

Stoic Thought of the Day

Mob

It is hard to identify a Stoic by causal observation.
On the surface, they look and act like everyone else.

But if you really watch them.

If you listen to them and speak with them.
You will know through their actions and words.
That they stand out from the crowd.

Stoic Reflection of the Day

Do I try to be like everyone else? Or do I stand out with my Stoicism?
“Let our aim be a way of life not diametrically opposed to, but better than that of the mob.”

~*Seneca*





March 23rd

Stoic Thought of the Day

Well-Spoken

Be abundant in your praise of others.

Give it with reckless abandon to those who have earned it.

As far as being praised?

Don't worry about it.

It is outside of your control.

If you give praise and act praiseworthy.

It only stands to reason.

Praise will find its way to you.

Stoic Reflection of the Day

Do I speak well of others frequently enough? Where can I take the opportunity to give more praise?

“If you wish to be well spoken of, learn to speak well (of others): and when you have learned to speak well of them, try to act well, and so you will reap the fruit of being well spoken of.”

~Epictetus





March 24th

Stoic Thought of the Day

Passion

Passion is powerful.

It can help you achieve great things.

It can also get you in trouble.

When you let your emotions get the best of you.

One emotional slip can destroy a lifetime of work.

Often, what you need is objectivity.

Take a breath.

Strip the emotion away.

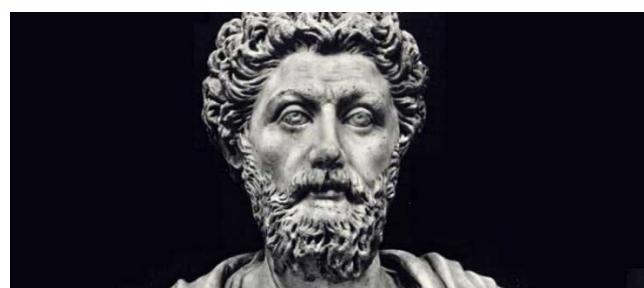
And see a situation for what it really is.

Stoic Reflection of the Day

Where do I let my emotions get the best of me? Where would I benefit from being more objective?

“The mind without passion is a fortress. No place is more secure. Once we take refuge there, we are safe forever.”

~Marcus Aurelius





March 25th

Stoic Thought of the Day

Days

Time is a funny thing.

We think we have too little.

But we act like we have too much.

Time spent in frenzied multi-tasking.

Time spent in lazy procrastination.

Both are time wasted.

Find the middle ground.

Do the next most important thing.

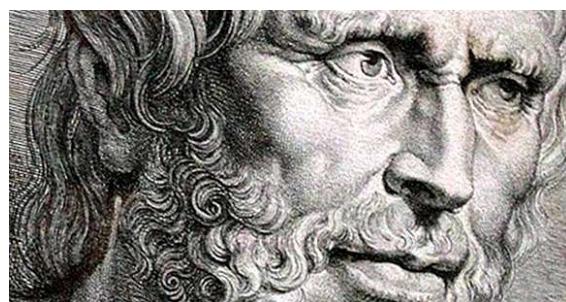
With focus and thoughtfulness.

Stoic Reflection of the Day

Where do I multi-task too much? Where do I procrastinate too much?

“We are always complaining that our days are few and acting as though there would be no end of them.”

~Seneca





March 26th

Stoic Thought of the Day

Books

If you can speed read a book.

It may not be worth reading.

A good book requires you to take time with it.

To develop a relationship with it.

Highlight, annotate, transcribe, reflect.

To truly learn from it.

And allow its wisdom sink in.

Stoic Reflection of the Day

Am I reading books that challenge my mind? Which books should I read to upgrade my brain?

“Don't just say you have read books. Show that through them you have learned to think better.

Books are the training weights of the mind.”

~Epictetus





March 27th

Stoic Thought of the Day

Forgotten

When you are upset over something.

Remind yourself.

Your time here is brief and valuable.

And soon, it will all fade into oblivion.

It will all be forgotten.

This isn't how you want to spend your precious time.

Is it?

Ask yourself ...

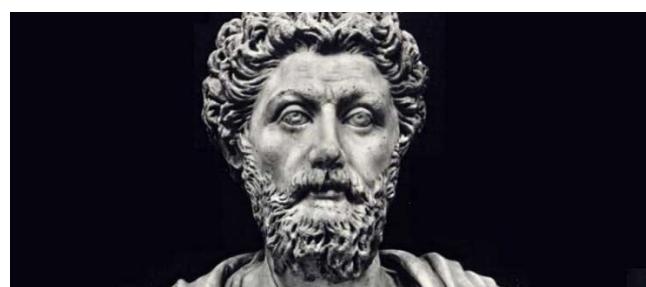
Is this really worth getting upset over?

Stoic Reflection of the Day

I am upset about something right now that I am better off letting go? Is this the best use of my time?

“Close to forgetting it all, close to being forgotten.”

~Marcus Aurelius





March 28th

Stoic Thought of the Day

Time

Time is the greatest healer.

Some pains have no cure other than time.

Whatever you may be suffering through.

Remember...

This too shall pass.

Be patient.

Let time do its healing.

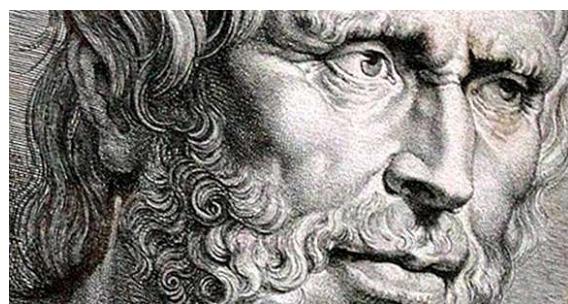
Give time time.

Stoic Reflection of the Day

Am I feeling pain that I have done everything I can do for? Can I be more patient and give time the time it needs to help me heal?

“Only time can heal what reason cannot.”

~Seneca





March 29th

Stoic Thought of the Day

Demand

If today is not the day to give your very best, what day is?

Stop making excuses for yourself.

Stop letting yourself off the hook.

You were not born for mediocrity.

You were born for greatness.

So, start being great.

What are you waiting for?

Stoic Reflection of the Day

Where am I accepting mediocrity in my life? How can I break through and push myself to be better?

“How long are you going to wait before you demand the best for yourself?”

~Epictetus





March 30th

Stoic Thought of the Day

Indifferent

Be careful what you “pay” attention to.

Your attention is valuable.

Spend it wisely.

Spend it on things that matter.

Don’t waste it.

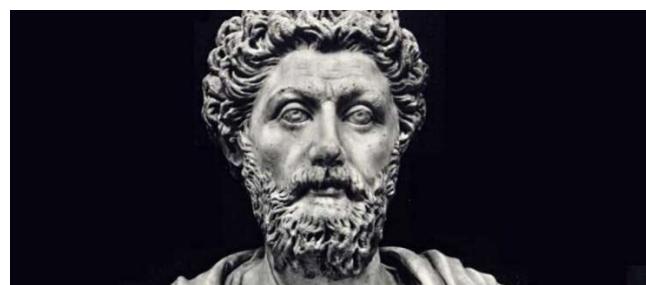
Don’t throw it away on trivialities.

Stoic Reflection of the Day

What am I wasting my valuable attention on? How can I spend it more wisely?

“To live a good life: We have the potential for it If we can learn to be indifferent to what makes no difference.”

~Marcus Aurelius





March 31st

Stoic Thought of the Day

Harmony

Satisfying your basic needs is easy.

Appreciate the simple things.

And you will live a life of prosperity.

If you start chasing what society fills your head with.

You will live a life of poverty.

Your choice.

Will it be a life of abundance or scarcity?

Stoic Reflection of the Day

Am I chasing after things I don't really need? How can I better appreciate the simple things I already have?

“If you live in harmony with nature, you will never be poor; if you live according to what others think, you will never be rich.”

~Seneca





April 1st

Stoic Thought of the Day

Attend

People will think what they think.

Do what they do.

And say what they say.

They might even say it about you.

Behind your back.

Oh well. Nothing you can do about it.

Let them say what they will.

It's none of your business.

Stoic Reflection of the Day

Do I worry about what people think or say about me? Is it better for me to accept and ignore it?

“And whatever any man shall say about you, do not attend to it: for this is no affair of yours.”

~Epictetus





April 2nd

Stoic Thought of the Day

Realizing

You have done a good deed.

Nice.

You did your job.

Your work here is done.

Move on.

Don't wait around to get caught.

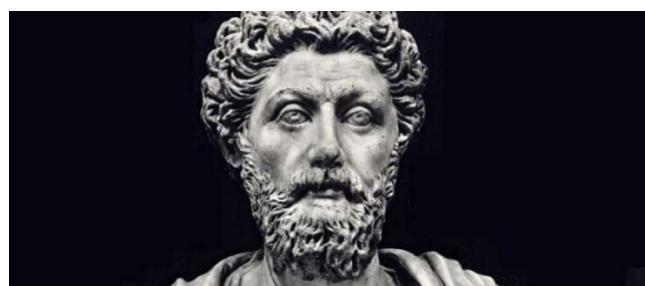
Stoic Reflection of the Day

Do I look for appreciation or attention when I do something I should do?

Or am I ok with anonymity?

“It’s quite possible to be a good man without anyone realizing it. Remember that.”

~Marcus Aurelius





April 3rd

Stoic Thought of the Day

Blessings

Everybody is trying so hard.

Striving to get what they do not have.

If they would only stop.

And take a moment to look around.

They would clearly see.

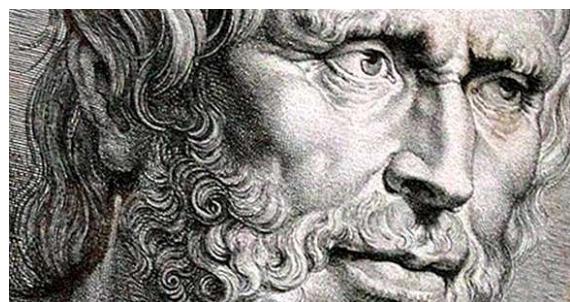
They are already surrounded by riches.

Stoic Reflection of the Day

What don't I have that I am chasing after? What do I have that I can appreciate more?

“The greatest blessings of mankind are within us and within our reach.”

~*Seneca*





April 4th

Stoic Thought of the Day

Progress

It doesn't take much to undo years of progress.

Careers, marriages, reputations.

Can all be destroyed by a single mistake.

On the other hand.

Redemption can also be achieved through a single act.

The devil, as they say, is in the details.

Mind the details.

Stoic Reflection of the Day

Am I being mindful of the details of my life? Am I being careful not to slip and fall down a steep hill?

“Your progress is wrecked or preserved by a single day and a single event.”

~Epictetus





April 5th

Stoic Thought of the Day

Transitory

Everything is in a state of transition.

From the moment of its creation.

To its ultimate dissolution.

You are no exception.

You are a brilliant, short-lived spark.

In a vast, infinite universe.

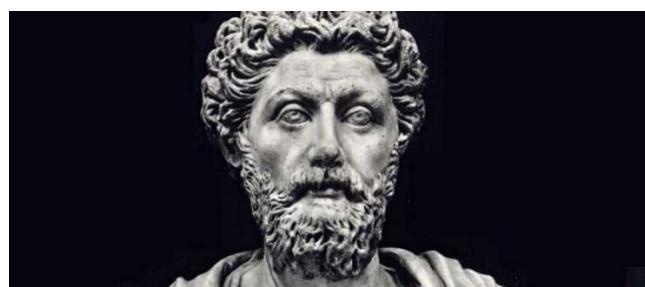
Enjoy your brief journey.

Stoic Reflection of the Day

Where in my life am I wasting time? How can I make better use of the brief time that I have?

“Everything transitory—the knower and the known.”

~Marcus Aurelius





April 6th

Stoic Thought of the Day

Nature

Are you an introvert or an extrovert?

There is no right or wrong answer.

You are who you are.

You will be much happier if you know your true nature.

And embrace it.

Play to your strengths.

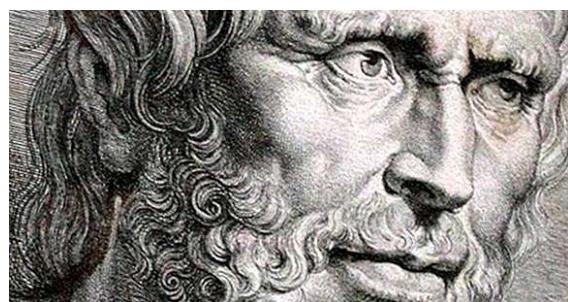
Not your weaknesses.

Stoic Reflection of the Day

Do I embrace my true nature? How can I better play to my strengths?

“You must consider whether your nature is more suited to practical activity or to quiet study and reflection, and incline in the direction your natural faculty and disposition take you.”

~*Seneca*





April 7th

Stoic Thought of the Day

Philosopher

Where your focus lies determines the type of person you will be.

You can chase after external things.

And be like everyone else.

Or, you can be the different one.

You can focus on the internal.

You can live an examined life.

And be a philosopher.

Stoic Reflection of the Day

Do I pursue external things like everyone else? Or do I pursue internal things and live like a philosopher?

“You must either exercise your skill on internal things or on external things; that is, you must either maintain the position of a philosopher or that of a common person.”

~Epictetus





April 8th

Stoic Thought of the Day

Resources

You have already survived.

Everything that has happened to you in the past.

You have the same resources.

To face whatever will happen to you in the future.

You have strength, fortitude, discipline, love.

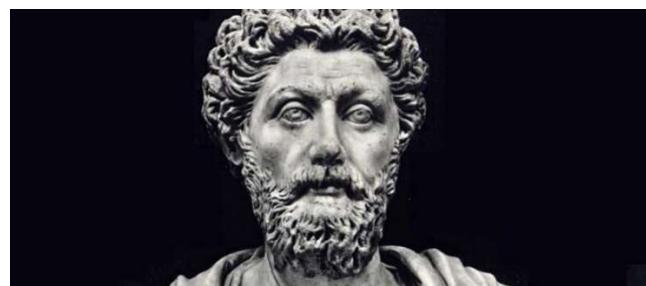
And Stoicism.

Stoic Reflection of the Day

Am I fearing something in the future? What resources can I use to face it with confidence?

“Forget the future. When and if it comes, you'll have the same resources to draw on.”

~Marcus Aurelius





April 9th

Stoic Thought of the Day

Reality

Humans have an incredible ability.

To make things worse than they really are.

If you remove your negative perceptions.

And look at things objectively.

Most problems are relatively simple.

Work with facts.

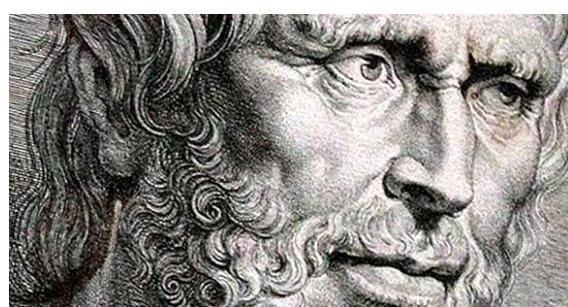
Not fiction.

Stoic Reflection of the Day

Does my imagination ever make things worse than they really are? How can I look at things more objectively?

“We suffer more often in imagination than in reality.”

~Seneca





April 10th

Stoic Thought of the Day

Efforts

Your outcomes are in direct proportion to your efforts.

If it is worth your time.

It is worth your best effort.

Once you have committed to something.

Don't hold back.

Go all in.

Give it your best.

Stoic Reflection of the Day

Where am I coming up short due to lack of effort? What is holding me back?

“Tentative efforts lead to tentative outcomes.
Therefore, give yourself fully to your endeavors.”

~Epictetus





April 11th

Stoic Thought of the Day

Unbearable

"This is killing me."

No, it's not.

"I can't stand it."

Yes, you can.

"Why me?"

Why not.

Stop making your situation worse.

By being overly dramatic about it.

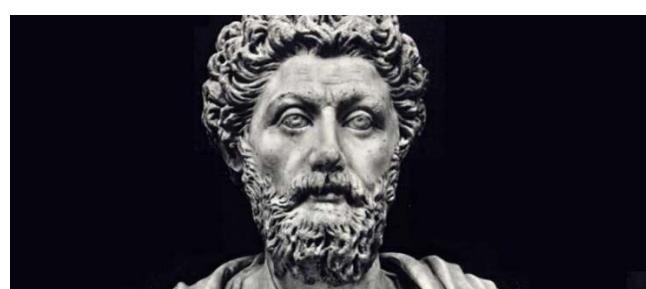
Stoic Reflection of the Day

What is a tough situation in my life? Is it really as bad as I am making it out to be?

“Stick with the situation at hand, and ask, “Why is this so unbearable? Why can’t I endure it?”

You’ll be embarrassed to answer.”

~Marcus Aurelius





April 12th

Stoic Thought of the Day

Devoted

You could spend an entire lifetime studying Stoicism.

And still not learn all its lessons.

What to do?

Take it one day at a time.

Daily devotion.

Study, Practice, Reflect.

Learn what you can.

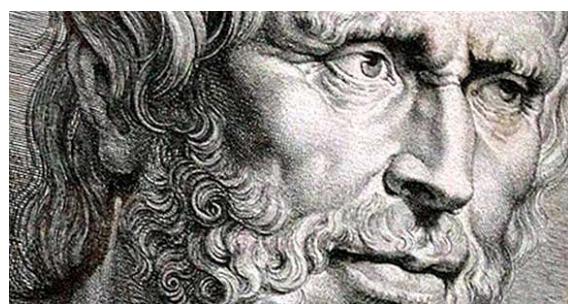
And leave the rest.

Stoic Reflection of the Day

How do I practice Stoicism daily? What can I do to be more devoted to Stoicism?

“A single lifetime, even though entirely devoted to the sky, would not be enough for the investigation of so vast a subject.”

~Seneca





April 13th

Stoic Thought of the Day

Company

I can tell a lot about you.

By the people who you associate with.

Your actions will reflect their actions.

Your character will be dyed by their character.

Choose your friends wisely.

You will sink or swim with them.

Stoic Reflection of the Day

Is my current community pulling me down? Or lifting me up?

“The key is to keep company only with people who uplift you, whose presence calls forth your best.”

~Epictetus





April 14th

Stoic Thought of the Day

Pain

Pain is inevitable.

Suffering is optional.

Pain is outside your control.

Suffering is within your control.

Pain lives in the body.

Suffering resides in the mind.

Don't let your imagination make your pain, emotional or physical.

Worse than it needs to be.

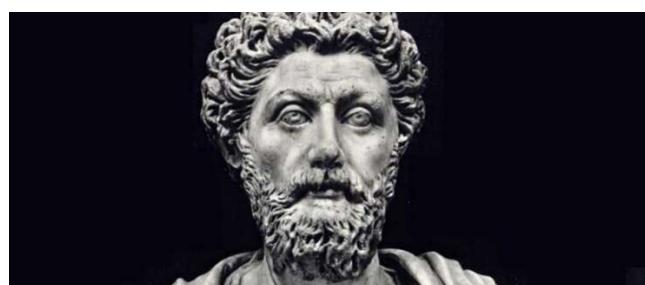
Stoic Reflection of the Day

Do I make my pain worse than it needs to be with unnecessary suffering?

How can I accept pain more Stoically?

“Stop perceiving the pain you imagine,
and you’ll remain completely unaffected.”

~Marcus Aurelius





April 15th

Stoic Thought of the Day

Tears

Life is both a tragedy and a comedy.

You can choose to look at it as a tragedy and shed tears.

You would be completely correct.

Or, you can choose to look at it as a comedy and laugh.

You would be completely correct.

And a lot happier.

Stoic Reflection of the Day

Are there parts of my life that I consider a tragedy? How can I find
glimmers of comedy in it?

“What need is there to weep over parts of life?
The whole of it calls for tears.”

~*Seneca*





April 16th

Stoic Thought of the Day

Trials

The challenges you face today.

Build the you of tomorrow.

Brick by brick.

Face them with courage.

Face them with dignity.

Face them with hope.

Build something beautiful.

Stoic Reflection of the Day

Do I let my challenges weigh me down? How can I face them courageously, knowing they make me stronger?

“The trials you encounter will introduce you to your strengths. Remain steadfast...and one day you will build something that endures: something worthy of your potential.”

~Epictetus





April 17th

Stoic Thought of the Day

Pausing

We were not meant to go, go, go.

Perpetual motion only leads to burnout.

Time to reflect is critical.

Time to read, to write, to journal.

These activities recharge our batteries.

And provide inspiration to do great things.

Sometimes the greatest progress.

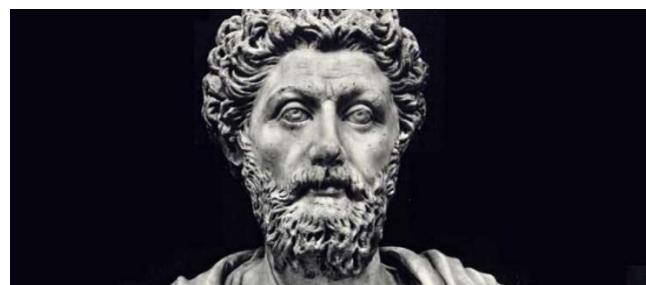
Is made in stillness.

Stoic Reflection of the Day

Do I ever stretch myself too thin? How can I spend more time in stillness?

“Even when pausing, even when weighing conclusions, the mind is moving forward, toward its goal.”

~Marcus Aurelius





April 18th

Stoic Thought of the Day

Waste

It is foolish to wait until things are perfect to act.

Conditions will never be perfect.

Gather just enough information.

And act.

It is better to face the quick, sharp pain of failure.

Than the long, dull ache of procrastination.

Stoic Reflection of the Day

What am I currently procrastinating on? What is keeping me from taking action?

“Putting things off is the biggest waste of life: it snatches away each day as it comes and denies us the present by promising the future.”

~*Seneca*





April 19th

Stoic Thought of the Day

Listening

When you speak.

You repeat things you already know.

Magic happens when you listen.

When your mouth is open, your ears are closed.

When your mouth is closed, your ears are open.

When you listen, you learn.

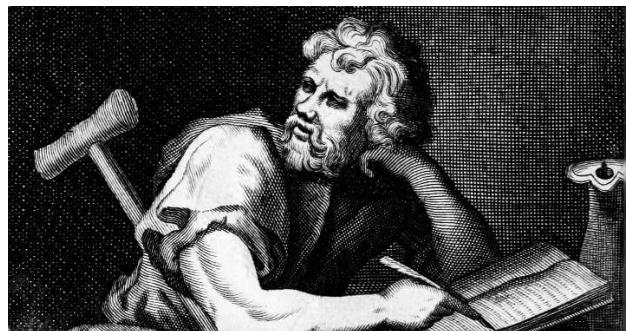
Learn to be a better listener.

Stoic Reflection of the Day

Are there times that I talk too much? How can I become a better listener?

“Whoever is going to listen to the philosophers needs a considerable practice in listening.”

~Epictetus





April 20th

Stoic Thought of the Day

Injustice

One person does an injustice.

Another stands idly by and doesn't help.

Who performed the worse deed?

Both are guilty of injustice.

Don't fail to act when help is needed.

Spring into action.

Do your duty.

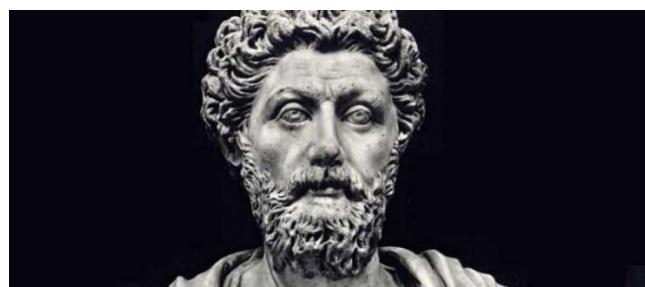
Make the world a better place.

Stoic Reflection of the Day

Am I playing my part to make the world a better place? What more can I do to contribute to the greater good?

“And you can also commit injustice by doing nothing.”

~*Marcus Aurelius*





April 21st

Stoic Thought of the Day

Powerful

Want to improve your self-confidence?

Improve your self-discipline.

The ability to count on yourself to do what needs to be done.

When it needs to be done.

Is a superpower.

Increase your self-discipline.

Increase your power.

Stoic Reflection of the Day

Where in my life do I lack discipline? What can I improve my self-discipline?

“Most powerful is he who has himself in his own power.”

~*Seneca*





April 22nd

Stoic Thought of the Day

Quarrel

It's impossible to win an argument.

Either you are proven wrong.

And you feel foolish.

Or you are proven right.

And you feel foolish for losing your cool.

And potentially damage a relationship.

State your point objectively? Yes.

Argue passionately? No.

Stoic Reflection of the Day

Do I let myself get pulled into arguments? How can I get better at calmly stating my point?

“If they are wise, do not quarrel with them; if they are fools, ignore them.”

~Epictetus





April 23rd

Stoic Thought of the Day

Harm

When you harm someone.

You harm two people.

Your victim and yourself.

When you help someone.

You help two people.

Your beneficiary and yourself.

Your deeds are the building blocks of your character.

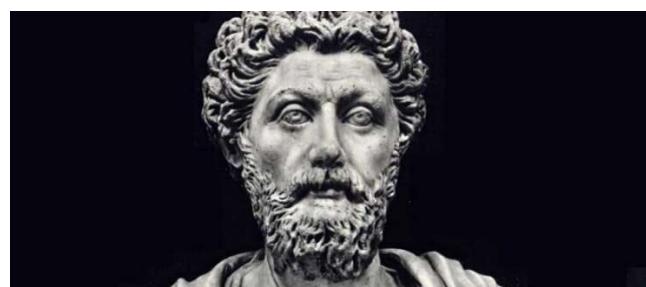
Build something to be proud of.

Stoic Reflection of the Day

Am I a good caretaker of my character? Am I building good character through my deeds?

“To do harm is to do yourself harm. To do an injustice is to do yourself an injustice—it degrades you.”

~Marcus Aurelius





April 24th

Stoic Thought of the Day

Pleasures

Be careful not to over-indulge in things you enjoy.

If you are not careful.

Gluttony will take over.

And a source of joy.

Will become a source of guilt.

What once brought pleasure now brings pain.

Avoid excess.

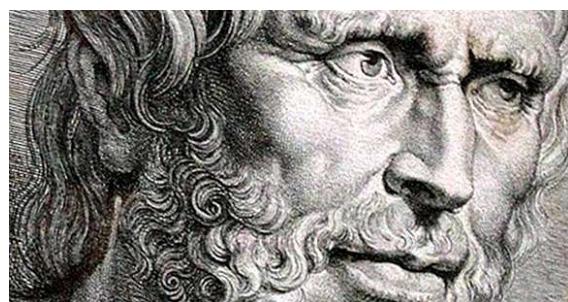
Everything in moderation.

Stoic Reflection of the Day

Is there anything I am over-indulging in? How can I better practice moderation in this situation?

“Enjoy present pleasures in such a way as not to injure future ones.”

~*Seneca*





April 25th

Stoic Thought of the Day

Participate

If you have decided to do something.

Do your best.

Go all in.

Commit yourself to the task at hand.

With all you have.

Half-hearted efforts lead to half-hearted results.

You deserve better than that.

Be an active participant in your life.

Stoic Reflection of the Day

What in my life am I doing half-hearted? What is keeping me from giving my best effort?

“It is time to really live; to fully inhabit the situation you happen to be in now. You are not some disinterested bystander. Participate. Exert yourself.”

~Epictetus





April 26th

Stoic Thought of the Day

Upset

The only reason people upset you.

Is because you let them.

Nobody can make you feel anything.

It's literally impossible.

No one can pry open your skull and deposit feelings in there.

How you feel is 100% your responsibility.

You are upsetting yourself.

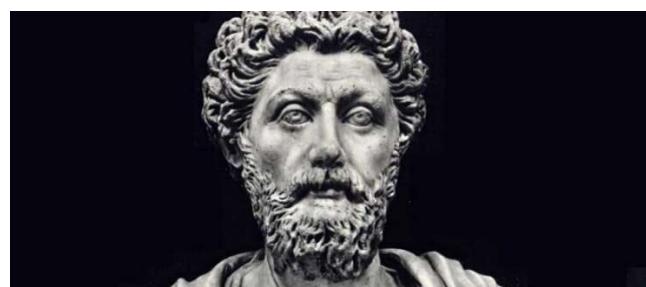
Stop it.

Stoic Reflection of the Day

Do I let other people upset me? What can I do to not give them free rent in my head?

“You’ll find that none of the people you’re upset about has done anything that could do damage to your mind.”

~Marcus Aurelius





April 27th

Stoic Thought of the Day

Learning

A great motto for life.

Is ABL.

Always Be Learning.

When you stop learning.

You stop growing.

When you stop growing.

You are stagnant.

And that's no way to live your life.

Stoic Reflection of the Day

Am I feeling stagnant? Is it time for me to learn something new?

“As long as you live, keep learning how to live.”

~Seneca





April 28th

Stoic Thought of the Day

Brother

When somebody wrongs you.

It's not the time to turn your back on them.

It's the time to help them.

Show patience.

Show kindness.

Show forgiveness.

The weak ask: "How can I get back at my enemy?"

The strong ask: "How can I help my brother?"

Stoic Reflection of the Day

Do I try to get revenge when others wrong me? How can I learn to see my enemies as brothers?

"If thy brother wrongs thee, remember not so much his wrong-doing, but more than ever that he is thy brother."

~Epictetus





April 29th

Stoic Thought of the Day

Endurable

Pain is mandatory.

Emotional and Physical.

It is baked into the human experience.

Suffering, on the other hand, is optional.

Your level of suffering is up to you.

You can resist and make your pain unendurable.

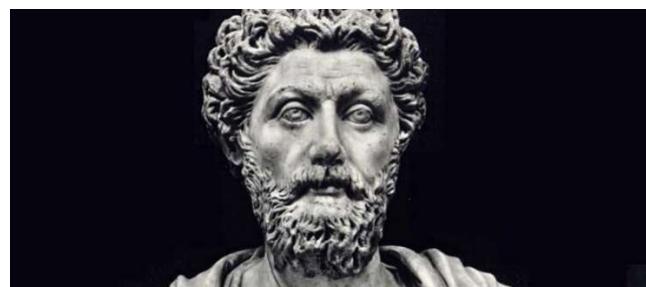
Or accept and make it endurable.

Stoic Reflection of the Day

Do I ever make things worse than they need to be? How can I better contain my suffering?

“Just remember: you can endure anything your mind can make endurable.”

~Marcus Aurelius





April 30th

Stoic Thought of the Day

Stingy

People are stingy with their money.

But wasteful with their time.

They won't spend money on something they want.

But waste their time on something they don't.

Time is the currency of your life.

Spend it wisely.

Be more frugal with your days.

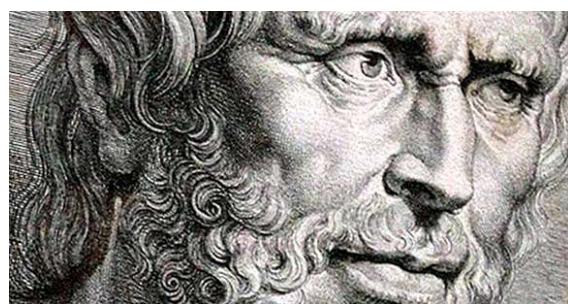
Then your dollars.

Stoic Reflection of the Day

Am I guilty of wasting my time on things I don't want to do? What can I eliminate to gain more time to do the things I love?

“People are frugal in guarding their personal property; but as soon as it comes to squandering time, they are most wasteful of the one thing in which it is right to be stingy.”

~*Seneca*





May 1st

Stoic Thought of the Day

Deal

When something outside your control happens.

Don't fight it.

Don't resist it.

Don't make yourself miserable.

Do the only thing that makes sense.

Do the only thing you can.

Deal with it.

Stoic Reflection of the Day

Is there anything in my life I have no control over that is upsetting me? Is it time for me to accept it and deal with it?

“What are we to do, then? To make the best of what lies within our power, and deal with everything else as it comes.”

~Epictetus





May 2nd

Stoic Thought of the Day

Actions

Funny how we accept in ourselves.

What we find so unacceptable in others.

We look down on people for doing things.

That we do ourselves.

We point out their flaws.

While turning a blind eye to our own.

If you are going to critique people.

Start with the person who might benefit from your criticism.

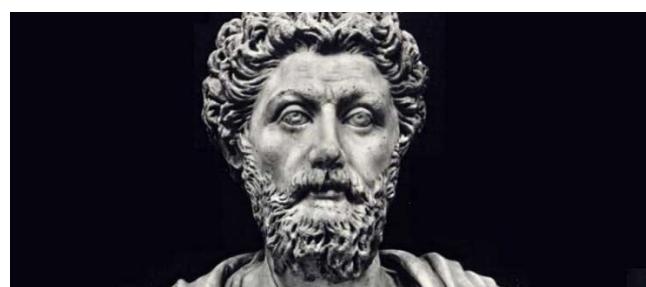
Yourselves.

Stoic Reflection of the Day

Do I criticize others over things I give myself a pass on? Should I be harder on myself and easier on others?

“Learn to ask of all actions, “Why are they doing that?” Starting with your own.”

~Marcus Aurelius





May 3rd

Stoic Thought of the Day

Reluctant

Acceptance is the path to happiness.

Swimming downstream is so much easier than upstream.

Go with the flow.

Fate will have its way with you.

Don't fight it.

Accept it.

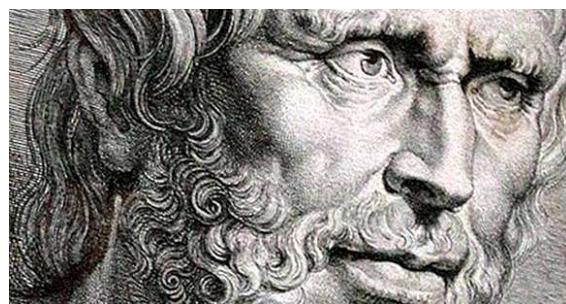
Resistance is futile.

Stoic Reflection of the Day

What in my life am I resisting? Can I make this situation easier through acceptance?

“Fate leads the willing and drags along the
reluctant.”

~*Seneca*





May 4th

Stoic Thought of the Day

Happiness

The more you focus on things you cannot control.

The more unhappy you will be.

The more you focus on things you can control.

The happier you will be.

The simple recipe for a happy life?

ACCEPT the things you cannot control.

Tacke ACTION on the things that you can control.

Stoic Reflection of the Day

Is there anything I am resisting that is making me unhappy? Is there anything I am procrastinating on that would make me happier?

“There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.”

~Epictetus





May 5th

Stoic Thought of the Day

Unmistakable

A good person is easy to spot.

You can see it in their mannerisms.

You can see it in how they speak.

You can see it in their eyes.

Most importantly...

You can see it in their actions.

If you intend to be a good person.

Make it painfully obvious.

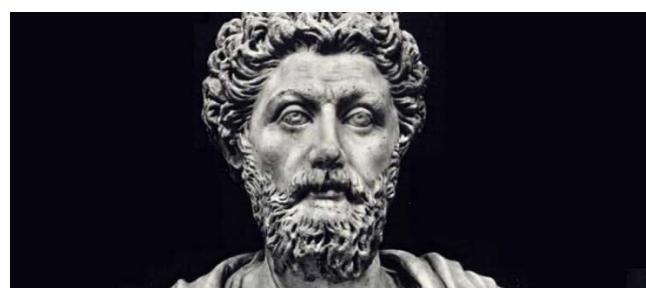
And unmistakable.

Stoic Reflection of the Day

Where does my walk not match my talk? How can I better align my actions with my intentions?

“If you’re honest and straightforward and mean well, it should show in your eyes. It should be unmistakable.”

~Marcus Aurelius





May 6th

Stoic Thought of the Day

Age

A short life lived unselfishly.

In the service of others.

Is much more valuable.

Then a long life lived selfishly.

Only taking care of yourself.

A great life is measured in deeds.

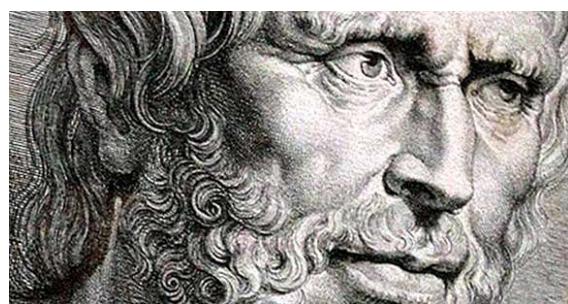
Not days.

Stoic Reflection of the Day

Do I spend enough time in the service of others? Am I able to measure my life by standards more valuable than years?

“Often a very old man has no other proof of his long life than his age.”

~*Seneca*





May 7th

Stoic Thought of the Day

Unhappy

“They made me unhappy.”

Wrong.

You made yourself unhappy.

Take responsibility for your emotions.

Stop blaming others.

If you are going to point your finger.

Point it at the person who is really to blame.

Yourself.

Stoic Reflection of the Day

Do I let others dictate my emotional state? How can I better take control of my emotions?

“No one is ever unhappy because of someone else.”

~Epictetus





May 8th

Stoic Thought of the Day

Accept

Suffering comes from resistance.

Anger, sadness, anxiety.

Are a result of resisting current circumstances.

Acceptance leads to peace.

Happiness, joy, tranquility.

Come to visit us.

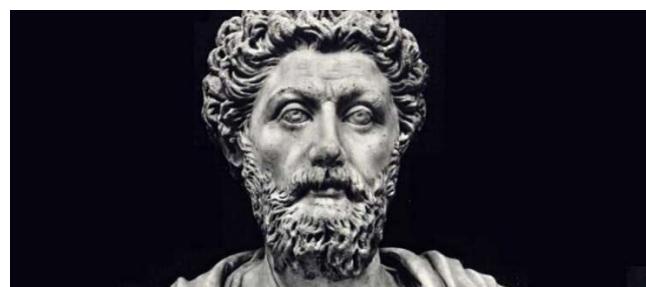
When we accept what is happening.

Stoic Reflection of the Day

What am I currently resisting? Can I find a way to accept it?

“And why is it so hard when things go against you? If it’s imposed by nature, accept it gladly and stop fighting it.”

~Marcus Aurelius





May 9th

Stoic Thought of the Day

School

The most important lessons.

Are not learned in a classroom.

They are learned through experience.

Books can prepare us.

But they can't take the place of learning in the trenches.

Life is the ultimate school.

Action is the ultimate teacher.

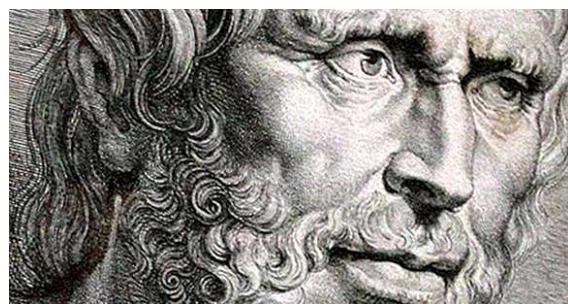
Participation is the ultimate preparation.

Stoic Reflection of the Day

Do I learn through reading? Or do I learn through action?

“We learn not in the school, but in life.”

~*Seneca*





May 10th

Stoic Thought of the Day

Approval

Some walk timidly through life.
Awaiting the approval of others.
To assure them they are right.
Others walk with a confident step.
In a direction they have chosen.

Knowing they only need approval from one single person.

Themselves.

Stoic Reflection of the Day

Do I seek the approval of others? How can I be more confident in those situations?

“When someone is properly grounded in life, they shouldn't have to look outside themselves for approval.”

~Epictetus





May 11th

Stoic Thought of the Day

Simplicity

No matter how difficult a problem may seem.

It is made up of many small, simple steps.

When you feel overwhelmed by a problem.

Break it down to its absolute smallest pieces.

Start putting them together.

And solve the puzzle.

Everything is easy.

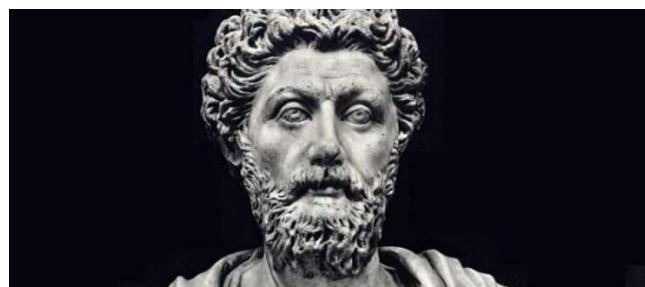
When broken down to its smallest possible components.

Stoic Reflection of the Day

Am I feeling overwhelmed by anything? How can I break it down to its smallest parts and simplify it?

“Wash yourself clean. With simplicity, with humility, with indifference to everything but right and wrong.”

~Marcus Aurelius





May 12th

Stoic Thought of the Day

Difficult

The things that are most difficult to come by.

Bring the least happiness.

Possessions, money, promotions, notoriety.

All take a great amount of effort.

And provide only fleeting reward.

The things that are the easiest to attain.

The things that are already within our reach.

Bring long lasting reward.

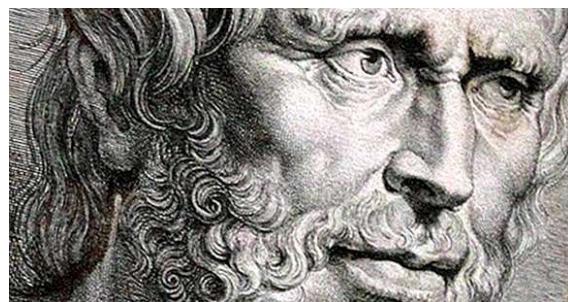
Grab them.

Stoic Reflection of the Day

Am I making my life more complicated by chasing things that are hard to obtain? What are the simple things in front of me that I am not focusing on enough?

“We were born into a world in which things were ready to our hands; it is we who have made everything difficult to come by through our disdain for what is easily come by.”

~*Seneca*





May 13th

Stoic Thought of the Day

Happy

Your circumstances do not dictate your happiness.

Happiness is not a state of body.

It is a state of mind.

It is a skill you develop.

It is a choice you make.

Happiness is always available to you.

If you choose to choose it.

Stoic Reflection of the Day

Do I let my state dictate my happiness? Or am I able to be happy regardless of my current conditions?

“Sick and yet happy, in peril and yet happy, dying and yet happy, in exile and happy, in disgrace and happy.”

~Epictetus





May 14th

Stoic Thought of the Day

Humans

It doesn't matter if you are an introvert.

Or an extrovert.

The most rewarding experiences in life.

Are when we connect with others.

The more you interact with others.

The more interesting your life becomes.

The more you help others.

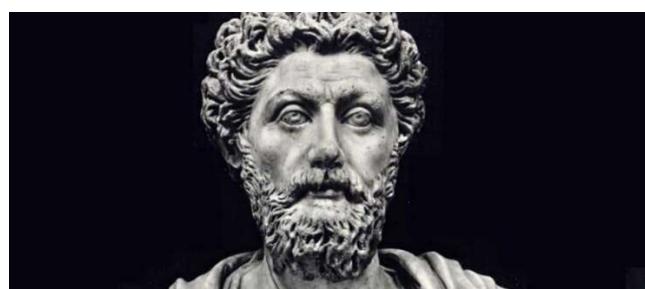
The more valuable your life becomes.

Stoic Reflection of the Day

Do I connect enough with others? How can I create more human connection in my life?

“Joy for humans lies in human actions.”

~Marcus Aurelius





May 15th

Stoic Thought of the Day

Death

You were born.

You will die.

Two things you have no say over.

The only thing you can do.

Accept death with grace and dignity.

Accepting the fact that you will die.

And reflecting on your mortality.

Will make life that much more precious.

Stoic Reflection of the Day

Have I come to grips with the fact that I will die? How can I better accept my mortality?

“Meanwhile death will arrive, and you have no choice in making yourself available for that.”

~*Seneca*





May 16th

Stoic Thought of the Day

Insults

Somebody compliments you:

“Oh, it was no big deal.” And you blow it off.

Somebody insults you: “How could you say such a thing!”

And you let it ruin your day.

Do yourself a favor.

Treat the insults.

Like you treat the compliments.

Stoic Reflection of the Day

Do I take insults too seriously? How can I absorb them objectively?

“If someone tried to take control of your body and make you a slave, you would fight for freedom. Yet how easily you hand over your mind to anyone who insults you.”

~Epictetus





May 17th

Stoic Thought of the Day

Once

The more comfortable you are with paradoxes.

The more comfortable you will be with life.

Things that are seemingly the opposite.

Are equally true.

Allow opposites to live together in your mind.

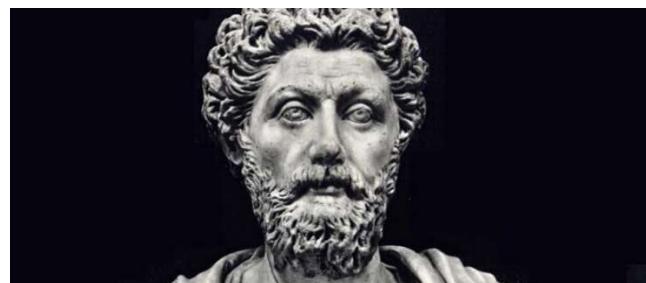
In perfect harmony.

Stoic Reflection of the Day

Do I deal in absolutes? How can I be more comfortable with paradoxes?

“Be relaxed and energetic, joyful and serious at once.”

~Marcus Aurelius





May 18th

Stoic Thought of the Day

Favor

When things are going bad.

Remind yourself.

They will get better.

They always do.

When things are going well.

Remind yourself.

They will get worse.

They always do.

Hard times aren't as hard.

If you don't let them take you by surprise.

Stoic Reflection of the Day

When things are going good, am I prepared for a turn for the worse?

When things are going bad, am I aware they will improve?

“No man has been shattered by the blows of
Fortune unless he was first deceived by her
favors.”

~*Seneca*





May 19th

Stoic Thought of the Day

Misfortune

Your misfortunes are easier to bear.

When you see them for what they actually are.

Opportunities.

Opportunities to learn.

Opportunities to improve.

Opportunities to get creative.

If nothing else...

They are opportunities to test your Stoicism.

Stoic Reflection of the Day

Do I see my get upset over my misfortunes? What opportunities lie within them?

“Remember from now on whenever something tends to make you unhappy, draw on this principle: 'This is no misfortune; but bearing with it bravely is a blessing.'”

~*Epictetus*





May 20th

Stoic Thought of the Day

Imagine

It's always worse in your imagination.

Then it is in reality.

Think back on things you thought were going to be disasters.

That turned out just fine.

Keep this in mind.

For the next “catastrophe” you face.

Remind yourself.

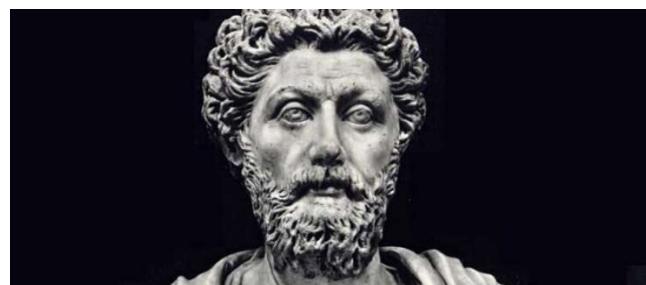
It will be just fine.

Stoic Reflection of the Day

Do I make things worse in my imagination? Is it really that bad?

“Not to be overwhelmed by what you imagine,
but just to do what you can and should.”

~Marcus Aurelius





May 21st

Stoic Thought of the Day

Hold

Possessions are burdensome.

You have to pay for them.

You have to care for them.

You have to make space for them.

Lighten your load.

Free yourself of the desire for more “stuff.”

How much junk in your life.

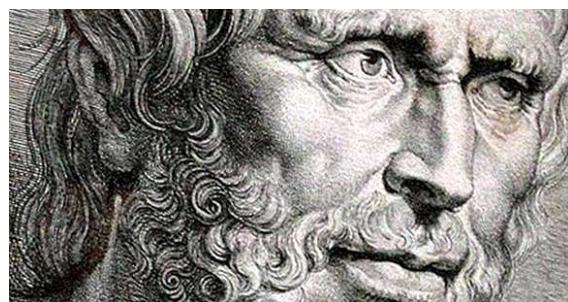
Do you really need?

Stoic Reflection of the Day

Am I burdened by my desire for more possessions? How can I lighten the load of desire for more “stuff”?

“You really must consider how small your bodies are. Is it not madness and the worst form of derangement to want so much though you can hold so little?”

~*Seneca*





May 22nd

Stoic Thought of the Day

Doctrines

Stoicism is not meant to only be read.

It is meant to be practiced.

It is a way of life.

Don't leave the words of the Stoics on the page.

Carry them with you into your life.

Let them be your constant companion.

They will help you pass any test.

That life presents you with.

Stoic Reflection of the Day

Have I been faced with a challenge that I did not respond to Stoically?
How can I carry Stoic principles with me to respond to these challenges.

“Be happy when you find that doctrines you have learned and analyzed are being tested by real events.”

~Epictetus





May 23rd

Stoic Thought of the Day

Familiar

“I can’t believe this happened!”

We say about things.

That have literally happened millions of times before.

Don’t let yourself be shocked.

By familiar things.

Nothing is surprising.

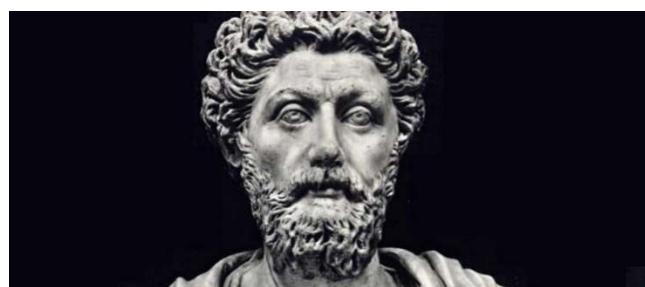
Unless you are unprepared for surprises.

Stoic Reflection of the Day

Do I allow myself to be shocked by familiar things? How can I better recognize these things as familiar?

“Resolve to accept whatever happens as necessary and familiar.”

~Marcus Aurelius





May 24th

Stoic Thought of the Day

Returning

There is one absolute certainty in life.

You will die.

It might be today.

It might be decades from now.

Either way, be prepared.

Do what needs to be done.

Say what needs to be said.

Keep your affairs in order.

Live well, so you can die well.

Stoic Reflection of the Day

Do I have any unfinished business? What am I waiting for to complete it?

“What is the harm in returning to the point whence you came? He will live poorly who does not know how to die well.”

~Seneca





May 25th

Stoic Thought of the Day

Silence

The more restless the mind.

The more active the mouth.

The more peaceful the mind.

The more silence emerges.

Wisdom is found in silence.

When in doubt.

Be silent.

Listen.

And learn.

Stoic Reflection of the Day

Are there times that I talk too much? What times can I practice listening in silence?

“Let silence be your general rule; or say only what is necessary and in few words.”

~Epictetus





May 26th

Stoic Thought of the Day

Human

It is easy to see the beauty in nature.

Sunsets fill us with a sense of awe over their beauty.

What about other people?

They are creations of nature as well.

Not always as beautiful.

But always deserving of our affection.

For they are more like us.

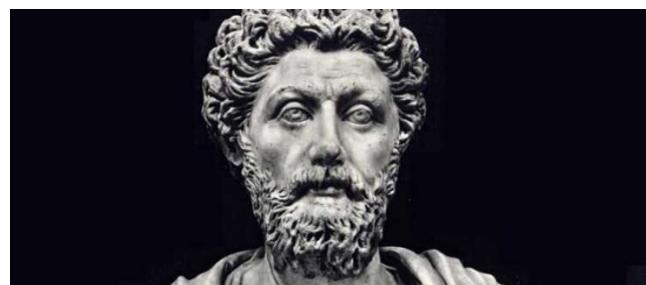
And closer than a sunset will ever be.

Stoic Reflection of the Day

Do I show the same appreciation for my fellow humans as I do for nature? What can I do to feel more connected with others?

“What is divine deserves our respect because it is good; what is human deserves our affection because it is like us.”

~Marcus Aurelius





May 27th

Stoic Thought of the Day

Money

Money is important.

But it's not the be-all, end-all.

Once your basic needs are covered.

Money has diminishing returns.

Accumulating money takes a lot of effort.

By all means, do the work.

Just make sure the accumulation of money.

Is a by-product of your work.

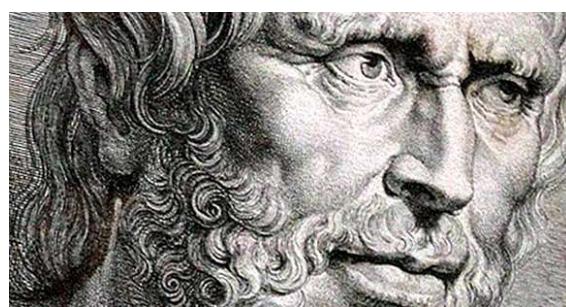
And not your life's work.

Stoic Reflection of the Day

Is making money my goal? Or is making money a by-product of achieving my goals?

“So, the ideal amount of money is that which neither falls within the range of poverty or far exceeds it.”

~*Seneca*





May 28th

Stoic Thought of the Day

Enemy

My greatest enemy whispers in my ear all day.

"Wait until tomorrow" they tell me.

"You can skip a day" they tell me.

"Take it easy" they tell me.

The only enemy I need to conquer.

The only enemy worthy of my unwavering attention.

Myself.

Stoic Reflection of the Day

Where in life do I sabotage myself? How can I get stronger to conquer the enemy within?

“He watches himself as if he were an enemy and lying in ambush.”

~Epictetus





May 29th

Stoic Thought of the Day

Practice

The top 1% is tough to crack.

It is reserved for the uniquely talented.

You will most likely never get there.

It's not worth your effort.

But the top 10%?

That's easy.

Effective habits, solid systems, and practice.

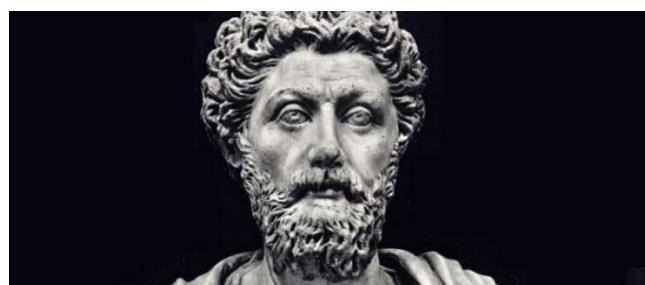
Can get you into the top 10% of anything.

Stoic Reflection of the Day

Do I give up on things because I am not talented enough? Where can I be practicing harder to improve?

“Practice even what seems impossible. The left hand is useless at almost everything, for lack of practice. But it guides the reins better than the right. From practice.”

~Marcus Aurelius





May 30th

Stoic Thought of the Day

Day

The past is a memory.

The future is a figment of our imagination.

Today is the only day that matters.

Today is solid.

Today is real.

Make it count.

Treat today like your last day.

Stoic Reflection of the Day

Do I allow myself to spend too much time in the past and future? How can I anchor myself to the present?

“Every day should be regulated as if it were the one that brings up the rear, the one that rounds out and completes our lives.”

~Seneca





May 31st

Stoic Thought of the Day

Desires

If you desire something you don't want to do.

Do your best to not even think of it.

But, if the thought sticks.

Don't struggle with it.

Don't fight it.

Do the opposite.

Accept it and observe it.

The less you fight it.

The sooner it will pass.

Stoic Reflection of the Day

Do I have desires that I fight but still ultimately give in to? Should I try a different approach and accept them?

“What we ought not to do, we should not even think of doing.”

~Epictetus





June 1st

Stoic Thought of the Day

Surprised

As the saying goes...

“Fool me once, shame on you.

Fool me twice, shame on me.”

You could easily replace the word “fool” with “surprise.”

Nothing should take you by surprise twice.

And most things not even once.

What has happened to anyone else.

Could happen to you.

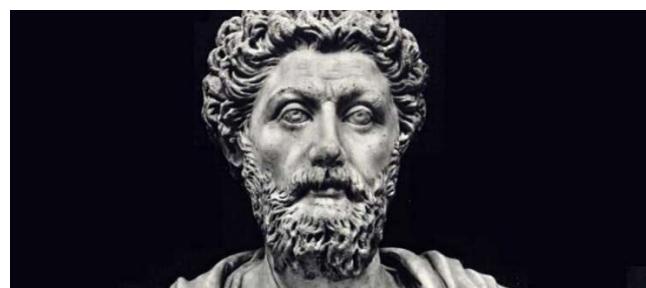
Be prepared.

Stoic Reflection of the Day

Have I been taken by surprise recently? How could I have been better prepared?

“The foolishness of people who are surprised by anything that happens. Like travelers amazed at foreign customs.”

~Marcus Aurelius





June 2nd

Stoic Thought of the Day

Preparing

It is too late to prepare for a crisis.

When you are in the middle of one.

You must prepare in advance.

What if you lose your job?

What if you get hurt in an accident?

What if you lose your life savings?

Are you prepared?

Don't dwell on difficult times.

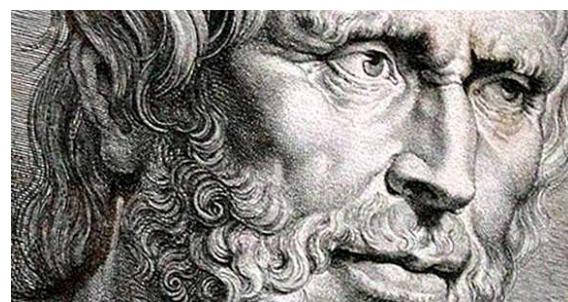
But do prepare for them.

Stoic Reflection of the Day

Am I prepared for difficult situations? What contingency plans do I need to make?

“It is in times of security that the spirit should be preparing itself to deal with difficult times.”

~Seneca





June 3rd

Stoic Thought of the Day

Outwardly

We don't need to hear your words.

To know what kind of person you are.

Your actions tell us everything we need to know.

Words are ambiguous.

Actions are obvious.

Don't tell us what is important to you.

Show us.

Stoic Reflection of the Day

Do my actions always align with my intentions? Do I show the world who I am through my actions instead of my words?

“For sheep don't throw up the grass to show the shepherds how much they have eaten; but, inwardly digesting their food, they outwardly produce wool and milk.”

~Epictetus





June 4th

Stoic Thought of the Day

Control

Stop being the co-pilot of your own life.

Jerked around by the whims and wishes of others.

Slide over into the pilot's seat.

Whose plane is this anyhow?

It is yours.

Fly it the way you see fit.

Set your own course.

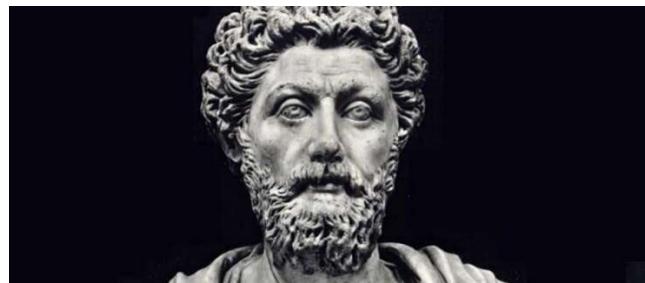
And fly to your chosen destination.

Stoic Reflection of the Day

Am I living the life I want to live? Or am I living the life others want me to live?

“It’s all in how you perceive it. You’re in control.
You can dispense with misperception at will.”

~Marcus Aurelius





June 5th

Stoic Thought of the Day

Occupation

There is an old financial bit of wisdom:

“Pay yourself first.”

Meaning, invest some money before paying your bills.

The same goes for your time.

Start the day investing in yourself.

Reading, learning, creating, exercising.

Before you do the other work.

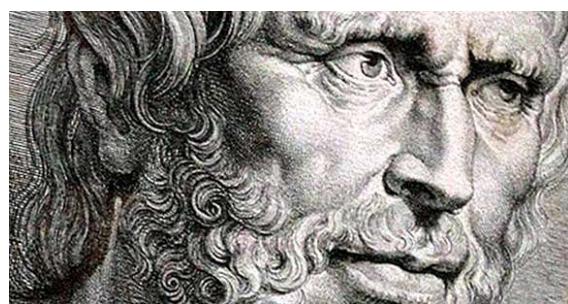
That pays the bills.

Stoic Reflection of the Day

Do I prioritize my professional work over my personal work? How can I better prioritize the things I do to better myself?

“Philosophy tells all other occupations: 'It is not my intention to accept whatever time is left over from you; you shall have, instead, what I reject.'”

~Seneca





June 6th

Stoic Thought of the Day

Freedom

Everything you desire comes with a cost.

It costs you a piece of your freedom.

We are a slave to our desires.

But we become free when we master them.

The greatest freedom we can gain.

Is the freedom from.

Useless desires.

Stoic Reflection of the Day

Am I a slave to useless desires? How can I master my desires to become free?

“What are you going to get when you trade your freedom away? Check to see what your proud new possessions will be worth.”

~Epictetus





June 7th

Stoic Thought of the Day

Everywhere

Life is a paradox.

On one hand, you are a unique individual.

On the other hand, you are the same as everyone else.

Your suffering is everyone's suffering.

Your joy is everyone's joy.

Though you are unique.

Your experience is not.

You are connected with everyone who has ever lived.

Through the shared bond of human experience.

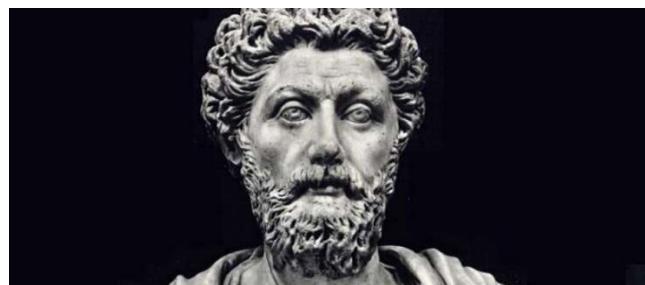
You are one with all.

Stoic Reflection of the Day

Do I look for the differences between myself and others? Or do I seek out the similarities?

“Whatever happens has always happened, and always will, and is happening at this very moment, everywhere. Just like this.”

~Marcus Aurelius





June 8th

Stoic Thought of the Day

Frailty

We are poor judges of our capabilities.

We vastly over or underestimate what we can accomplish.

Strike a balance.

If you are feeling overly confident.

It's a good time to be humble.

If you are feeling overly humble.

It's a good time to be confident.

Stoic Reflection of the Day

Where do I overestimate my abilities? Where do I underestimate my abilities?

“Have all the frailty of a human being and all the freedom of care of a god.”

~Seneca





June 9th

Stoic Thought of the Day

Affected

It's easy to be objective.

When something bad happens to someone else.

“Oh, I am sure they will be ok.”

The same thing happens to us.

“Oh my God, how terrible. Why me? What am I going to do?”

Do yourself a favor.

When something bad happens to you.

Pretend like you are “someone else.”

Be objective.

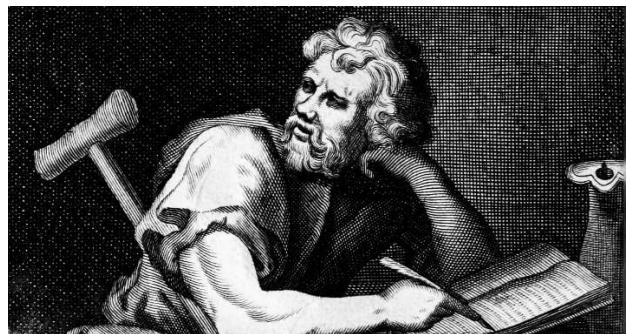
You'll be ok.

Stoic Reflection of the Day

Do I overreact when something bad happens to me? How can I better pretend I am “someone else” and observe the situation neutrally?

“It should be always remembered how we are affected on hearing the same thing concerning others.”

~Epictetus





June 10th

Stoic Thought of the Day

Humans

We have a limited number of siblings.

But countless brothers and sisters.

We are members of an incredibly huge family.

We share hopes.

We share fears.

We share desires.

We have far more similarities than differences.

Instead of treating people like strangers.

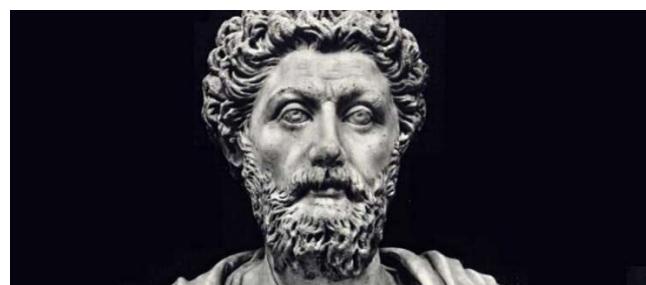
Treat them like family.

Stoic Reflection of the Day

Do I look for the differences between myself and others? Or do I seek out the similarities?

“What links one human being to all humans: not blood, or birth, but mind.”

~Marcus Aurelius





June 11th

Stoic Thought of the Day

Oneself

Wherever you go.

There you are.

You are the one constant companion.

In your journey through life.

Others come and go.

But there you are.

Get yourself to a place.

Where anywhere you go feels like home.

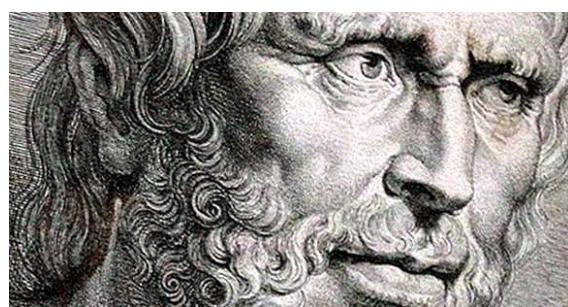
Because you are there.

Stoic Reflection of the Day

Do I feel at home with myself? How can I get comfortable in my own skin?

“The place one's in doesn't make any contribution to peace of mind: it's the spirit that makes everything agreeable to oneself.”

~Seneca





June 12th

Stoic Thought of the Day

Conduct

Somebody wrongs you.

How do you respond?

Do you want to get back at them?

It's natural to feel this way.

But you cannot control their actions.

You can only control your response.

Respond like a Stoic.

With the same grace you showed them.

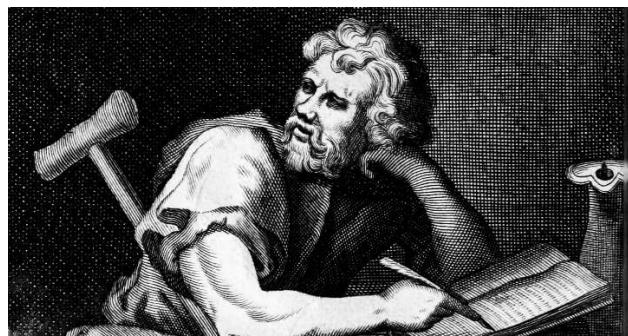
Before they wronged you.

Stoic Reflection of the Day

Do I want to get revenge when somebody wrongs me? How can I show forgiveness in these situations?

“My brother shouldn’t have treated me in this way.’ Indeed, he shouldn’t, but it’s for him to see to that. For my part, however he treats me, I should conduct myself towards him as I ought.”

~Epictetus





June 13th

Stoic Thought of the Day

True

Lying is like laying a trap.

That you will eventually get caught in.

It creates unnecessary complexities.

Webs of deceit that you will entangle you.

The truth creates beautiful simplicity.

When the truth is told.

You will never have to fear.

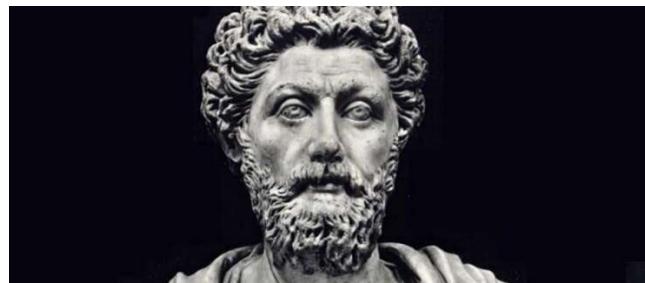
Being caught in a lie.

Stoic Reflection of the Day

When was the last time I lied? Do I need to focus on becoming more truthful?

“To do only what is right, say only what is true,
without holding back.”

~Marcus Aurelius





June 14th

Stoic Thought of the Day

Unhappy

Life is 1% circumstance.

And 99% perception.

We create our reality with our thoughts.

What a beautiful and empowering thing!

We don't have to rely upon circumstances to make us happy.

It's up to us.

The choice is ours.

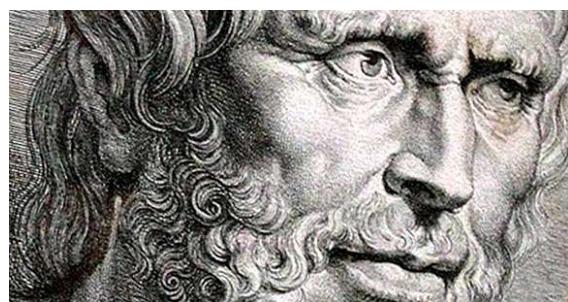
Happiness is just a choice away.

Stoic Reflection of the Day

Where in my life do I choose unhappiness? Can I choose to be happy in those situations?

“A man is as unhappy as he has convinced himself he is.”

~Seneca





June 15th

Stoic Thought of the Day

Vocation

A lot of people “job hop”.

Because they are unhappy with their job.

Only to find the unhappiness follows them to their new job.

If you are unhappy with your job.

Try going all in first.

Commit yourself.

Do great work.

Then reevaluate.

Maybe you need a new mindset.

Not a new job.

Stoic Reflection of the Day

What about my current job makes me unhappy? Is it possible that my mindset is what needs to change?

“Whatever your vocation, pursue it wholeheartedly. Consider, choose, and commit.”

~Epictetus





June 16th

Stoic Thought of the Day

Others

Life is short and you only get one of them.

Don't spend it chasing things.

Others have told you are important.

There are countless forces.

Trying to push you this way and that.

Push back!

Respect others? Yes.

Care for others. Yes.

Mindlessly pursue the dreams of others.

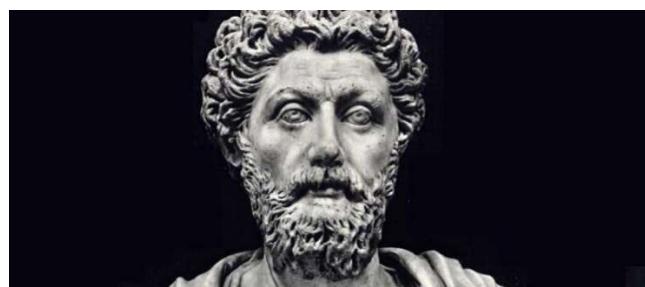
No!

Stoic Reflection of the Day

Am I living my life chasing the dreams of others? Or am I being true to my own dreams?

“Everyone gets one life. Yours is almost used up, and instead of treating yourself with respect, you have entrusted your own happiness to the souls of others.”

~Marcus Aurelius





June 17th

Stoic Thought of the Day

Accept

Most unhappiness comes from a single source.

Resistance.

When we reject our current circumstances.

We invite dissatisfaction and fear into our lives.

But when we accept what is happening.

We welcome peace and happiness.

There is only one thing we should resist.

Resist Resistance.

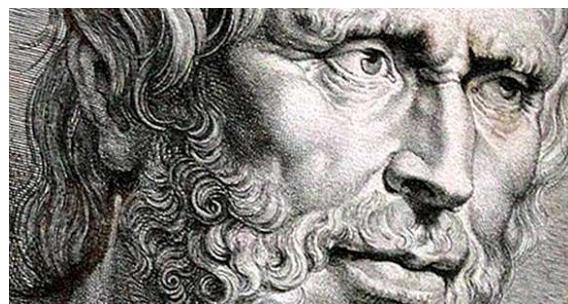
Through Acceptance.

Stoic Reflection of the Day

What in my life am I currently resisting? Is it possible for me to find acceptance for this situation?

“Accept everything that happens exactly as if it were an order from above.”

~Seneca





June 18th

Stoic Thought of the Day

Whoever

Don't leave your happiness.

In the hands of others.

They may come through.

They may not.

You have no control over it.

Be self-sufficient.

Leave your happiness in the hands.

Of the only person you have any control over.

Yourselves.

Stoic Reflection of the Day

Do I look to others to make me happy? How can I put my happiness in my own hands?

“Whoever wants to be free, therefore, should wish for nothing or avoid nothing that is up to other people.”

~Epictetus





June 19th

Stoic Thought of the Day

Everything

The next time you see your friend, could be the last time.

The next time you hug someone you love, could be the last time.

You never know.

Savor each experience and give it your best.

Everything you do.

Could be the last time you do it.

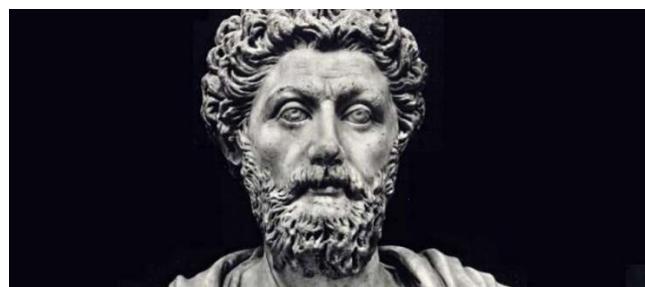
Do it well.

Stoic Reflection of the Day

Am I putting my all into everything I choose to do? How can I improve my efforts?

“Do everything as if it were the last thing you were doing in your life.”

~Marcus Aurelius





June 20th

Stoic Thought of the Day

Nature

Skin color, eye color, height, nationality.

None were ours to choose.

But, in the end.

None of them are all that important.

The most important things are up to us.

Our habits, our goals, our ethics, our philosophy of life.

We get to choose our most important choices!

Choose wisely.

Stoic Reflection of the Day

Do I allow myself to be limited by things I have no control over? Or is my focus on the important things that I get to choose?

“For nature does not give a man virtue: the process of becoming a man is an art.”

~*Seneca*





June 21st

Stoic Thought of the Day

Freedom

We tell ourselves...

“If I get this one thing, I will be happy.”

We get it.

We are happy for a little while.

Then we get bored with it.

And we desire the next thing.

And on, and on, and on ...

Get off the treadmill.

Appreciate what you already have.

If you are happy with everything you have.

You have everything you need to be happy.

Stoic Reflection of the Day

What am I currently desiring? Is there any freedom to be gained by eliminating that desire?

“Freedom is not achieved by satisfying desire,
but by eliminating it.”

~Epictetus





June 22nd

Stoic Thought of the Day

Brief

Your life is a blip in the vastness of time.

But it's your blip.

And it is the only blip you will get.

Own it.

Savor it.

Treasure it.

Don't waste it.

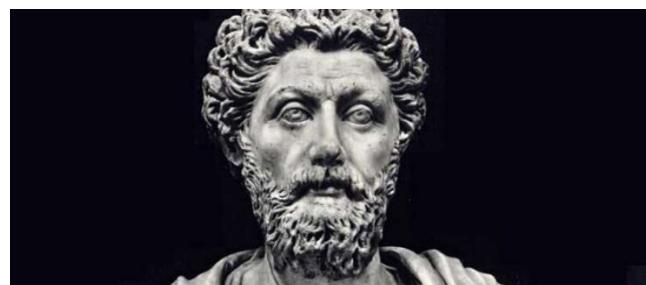
Make it the best blip you can.

Stoic Reflection of the Day

Do I realize just how little time I have? Am I making the most of it or wasting it?

“Forget everything else. Keep hold of this alone and remember it: Each of us lives only now, this brief instant.”

~Marcus Aurelius





June 23rd

Stoic Thought of the Day

Noble

Some buckle under the weight of their burdens.

They have not developed the strength to bear them.

Others carry their burdens.

With braveness, dignity, and acceptance.

They have built their strength.

They have developed their fortitude.

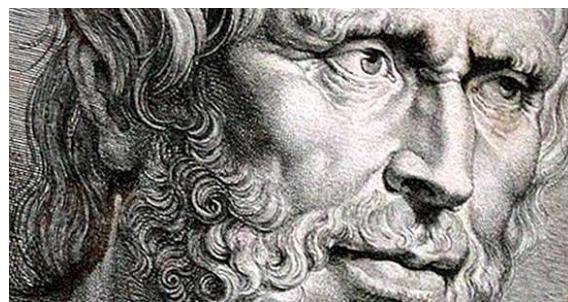
By practicing Stoicism.

Stoic Reflection of the Day

Do I have any burdens I buckle under? How can I bear them more strongly?

“What we can do is adopt a noble spirit, such a spirit as befits a good man, so that we may bear up bravely under all that fortune send us and bring our wills into tune with nature's.”

~*Seneca*





June 24th

Stoic Thought of the Day

Approval

Seeking the approval of others.

Is like playing a slot machine.

Put your money in, pull the handle, spin the reels.

Maybe you'll "win", most likely not.

It's out of your control.

Why not make a sure bet?

Seek approval from the one source you can control.

Yourself.

Stoic Reflection of the Day

Am I gambling on the approval of others? Is it time for me to go all in on approving myself?

"When someone is properly grounded in life, they shouldn't have to look outside themselves for approval."

~Epictetus





June 25th

Stoic Thought of the Day

Small

Our time here is incredibly brief.

It's silly to waste any of it being anything but:

Happy

Grateful

Peaceful

Useful

Kind

Negative feeling and pain are inevitable.

But move past them quickly.

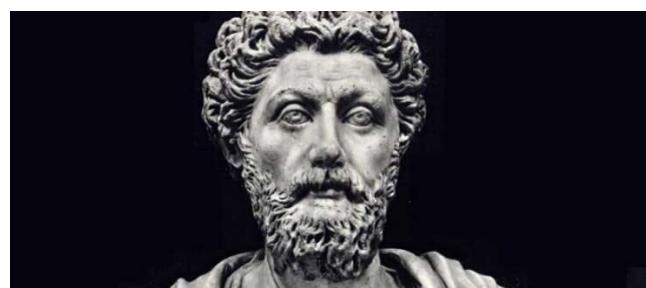
Enjoy your brief stay here.

Stoic Reflection of the Day

Do I waste precious time holding on to negative emotions? Or do I let them pass and enjoy my fleeting time?

“The span we live is small—small as the corner of the earth in which we live it.”

~Marcus Aurelius





June 26th

Stoic Thought of the Day

Wisdom

Intelligence comes from learning.

Wisdom comes from experience.

Pick up a philosophy book.

Learn from it to gain intelligence.

Then put it down.

And live what you have learned to gain wisdom.

Let your learning.

Fuel your living.

Stoic Reflection of the Day

Do I leave what I have learned on the pages? Or do I apply what I have learned to my life?

“Wisdom is the perfect good of the human mind; philosophy is the love of wisdom, and the endeavor to attain it.”

~Seneca





June 27th

Stoic Thought of the Day

Nobler

We are social creatures.

We look to others for cues of how we should behave.

But sometimes...

Sometimes you need to break away from the pack.

Sometimes you need to forge a new path.

Sometimes you need to ignore the norm.

Sometimes you need to follow your own lead.

And be true to yourself.

Stoic Reflection of the Day

Do I look to others to see how I should behave? Or do I have the strength to be true to myself?

“Don’t mind if others don’t share your convictions. How long can you afford to put off who you really want to be? Your nobler self cannot wait any longer.”

~Epictetus





June 28th

Stoic Thought of the Day

Instruments

You would not dig a hole without a shovel.

Or cut down a tree without an ax.

You bring the tools you need.

To successfully complete the job.

The same goes for life.

Carry the tools that will help you succeed.

Carry Stoicism with you.

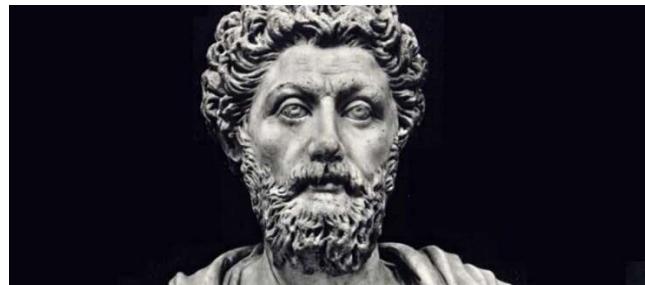
Everywhere you go.

Stoic Reflection of the Day

Do I ever regret how I behaved in a situation where being more Stoic would have helped? How can I make sure I have Stoicism available to me at every moment?

“Doctors keep their scalpels and other instruments handy, for emergencies. Keep your philosophy ready too—ready to understand heaven and earth.”

~Marcus Aurelius





June 29th

Stoic Thought of the Day

Confidence

The only way to gain confidence.

Is by taking action.

At first, seems impossible.

Then you act.

And you discover.

That you have the ability.

And you gain confidence.

More dreams have died from lack of confidence.

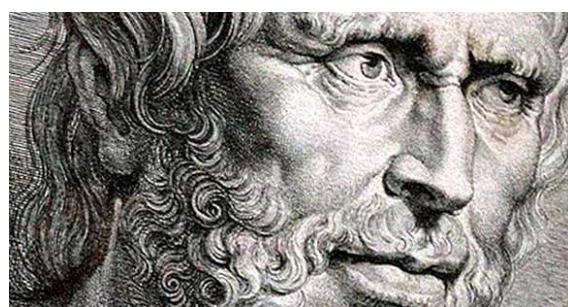
Then from lack of ability.

Stoic Reflection of the Day

Am I procrastinating due to lack of confidence? Or do I lack confidence because I am procrastinating?

“Our lack of confidence is not the result of difficulty. The difficulty comes from our lack of confidence.”

~*Seneca*





June 30th

Stoic Thought of the Day

Desire

The only way to satisfy your desires.

Is to have desires that only you can satisfy.

Validation from Others → Self-Validation

Approval from others → Self-Approval

The love of others → Self-Love

The more you depend on another to deliver it.

The less you should desire it.

Be your own master.

Stoic Reflection of the Day

Do I count on others to make me happy? Or am I able to make myself happy?

“If you wish to be free, do not desire anything that depends on another, lest you make them your master.”

~Epictetus





July 1st

Stoic Thought of the Day

Character

Many of the things we call disasters.

Are not truly disastrous.

They may rob you of your possessions.

But they cannot take your most important asset.

Your character.

In fact, they offer you the opportunity.

To reveal your character.

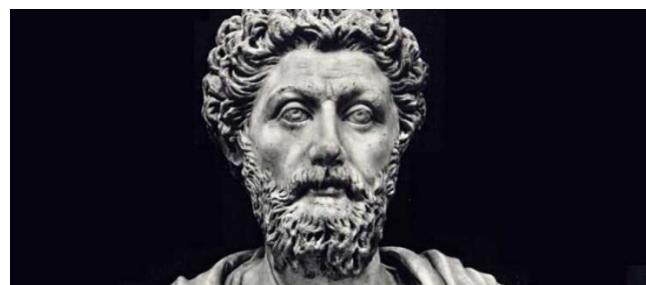
And strengthen it.

Stoic Reflection of the Day

What do I value more, my possessions or my character? How can I take better care of my character?

“It can ruin your life only if it ruins your character. Otherwise, it cannot harm you—inside or out.”

~Marcus Aurelius





July 2nd

Stoic Thought of the Day

Assume

Unfortunate events hit harder.

When we are unprepared for them.

Be ready for things to go wrong.

Have your contingency plans in place.

At the very least, be prepared emotionally.

Hope for the best.

But prepare for the worst.

Stoic Reflection of the Day

Am I prepared for emergencies? How can I be better prepared in case things go sideways?

“To reduce your worry, you must assume that what you fear may happen is certainly going to happen.”

~Seneca





July 3rd

Stoic Thought of the Day

Accuse

The weak one blames others.

The strong one blames themselves.

The enlightened one blames no one.

They know the truth:

Blaming is pointless and fixes nothing.

So, instead of blaming.

They get to work.

Cleaning up the mess.

Stoic Reflection of the Day

Am I stuck anywhere in life because I am blaming another for the problem? Is it time to take responsibility and start cleaning up the mess?

“An uneducated person accuses others when he is doing badly; a partly educated person accuses himself, an educated person accuses neither someone else nor himself.”

~Epictetus





July 4th

Stoic Thought of the Day

Forever

As they say ...

“There is nothing new under the sun.”

Everything that happens to you.

Has already happened in the past.

And will happen again in the future.

You are part of a long tale.

The longest ever told.

The characters change.

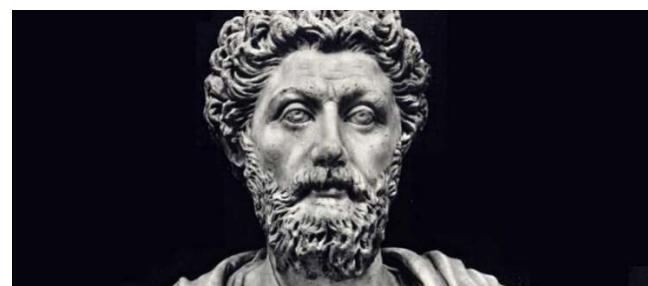
But the story remains the same.

Stoic Reflection of the Day

Do I realize I am a small part of a huge story? How can I better play my part?

“If you’ve seen the present then you’ve seen everything—as it’s been since the beginning, as it will be forever.”

~*Marcus Aurelius*





July 5th

Stoic Thought of the Day

Equipment

We think we will be happy.

Once we get this, or once we get that.

Constantly striving for happiness.

But never arriving.

Give up the chase!

You already have everything you need to live a happy life.

Happiness is a choice.

Choose it.

Stoic Reflection of the Day

Am I choosing to delay my happiness until I get some external thing? Or am I able to choose happiness, right here, right now?

“It was nature's intention that there should be no need of great equipment for a good life: every individual can make himself happy.”

~Seneca





July 6th

Stoic Thought of the Day

Performance

Just as the concentration of a liquid is diluted by adding water.

Your performance is diluted by multi-tasking.

Nothing great was ever achieved.

By someone who was multitasking.

Commit yourself to the task at hand.

Great things.

Come from great focus.

Stoic Reflection of the Day

Am I guilty of multi-tasking too much? How can I be more focused to produce better results?

“Wherever you find yourself and in whatever circumstances, give an impeccable performance. If you are supposed to be a reader, read; if you are supposed to be a writer, write.”

~Epictetus





July 7th

Stoic Thought of the Day

Strong

We stop.

Because we feel “tired.”

We give up.

Because we believe it is “too much.”

We waste untapped potential.

Because we think we don’t “have it in us.”

All lies we tell ourselves.

Don’t let your mind quit.

Before your body does.

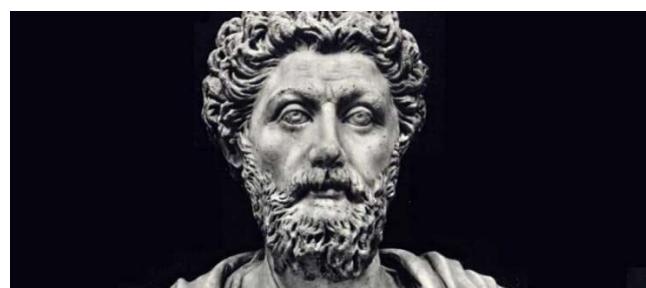
Keep going.

Stoic Reflection of the Day

Is there something I am giving up too easily on? Do I have unused potential I can tap into?

“Disgraceful: for the soul to give up when the body is still going strong.”

~Marcus Aurelius





July 8th

Stoic Thought of the Day

Day

Every day is the same.

24 hours.

1,440 minutes.

86,400 seconds.

The quantity of time in each day is fixed.

But the quality fluctuates.

Based on your choices.

Make each day consistently meaningful.

Through good choices.

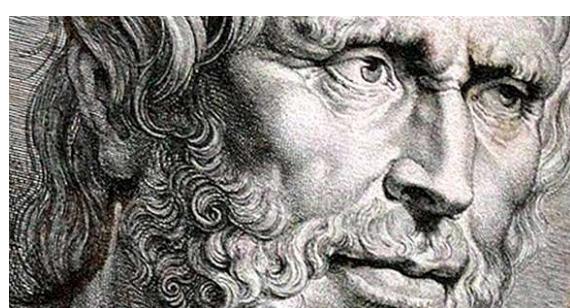
Of how you spend your time.

Stoic Reflection of the Day

Am I making good choices on how to spend my time? How can I get more out of each day?

“One day is equal to every day.”

~Seneca





July 9th

Stoic Thought of the Day

Preparation

Today's exercise.

Brings tomorrow's strength.

Today's meditation.

Leads to tomorrow's peace.

Today's journaling.

Creates tomorrow's clarity.

Every good habit we perform adds a brick.

To our cathedral of tomorrow.

Stoic Reflection of the Day

Do I have good habits? What habits can I improve to build a better tomorrow for myself?

“Proper preparation for the future consists of forming good personal habits.”

~Epictetus





July 10th

Stoic Thought of the Day

Parts

Everything is easy.

When broken down into its smallest parts.

No matter how intimidating the problem may be.

It is made up of many small, simple, easy to accomplish steps.

The next time you are feeling overwhelmed by a problem.

Break it down to its absolute smallest pieces.

Start putting them together.

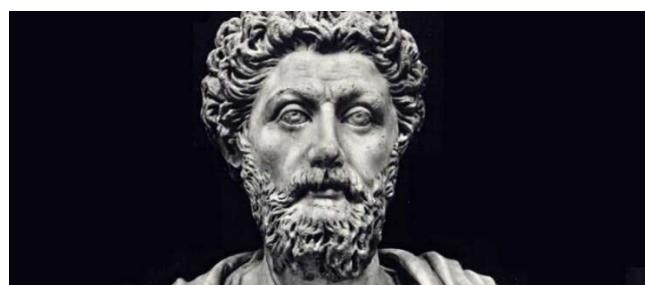
And solve the puzzle.

Stoic Reflection of the Day

Do I have a problem in my life that is overwhelming me? How can I break it down to its smallest possible parts to start solving it?

“Remember—your responsibilities can be broken down into individual parts as well. Concentrate on those, and finish the job methodically.”

~Marcus Aurelius





July 11th

Stoic Thought of the Day

Terms

Taking a moment to reflect on how things could be worse.

Will make you more grateful for how they currently are.

Things aren't as bad as they could be.

Or as they seem in the moment.

The next time you are feeling down.

Instead of forcing yourself to feel positive.

Take a moment to be a little negative.

And be grateful for how good you have it.

Stoic Reflection of the Day

What am I not as grateful for as I should be? Could it be worse?

“Rehearse them in your mind: exile, torture, war, shipwreck. All the terms of our human lot should be before our eyes.”

~*Seneca*





July 12th

Stoic Thought of the Day

Price

Sometimes the answer to your question is “No.”

Don’t take it as a rejection.

Take it as feedback.

That you still have work to do.

You might not be ready yet.

Put in the work.

Pay the price.

Then ask again.

Earn the “Yes.”

Stoic Reflection of the Day

Do I feel rejected when I am told “No”? Or do I use it as feedback telling me I have more work to do to earn the “Yes.”

“So, if you have not been invited to a party, it is because you haven’t paid the price of the invitation.”

~Epictetus





July 13th

Stoic Thought of the Day

Same

The worst place to put someone.

Is on a pedestal.

Yourself, or someone else.

Thinking too much of yourself is egotistical.

Thinking too much of others breeds insecurity.

Don't look down on others.

Don't look up to them either.

Look them straight in the eye.

We are all equal.

In the end.

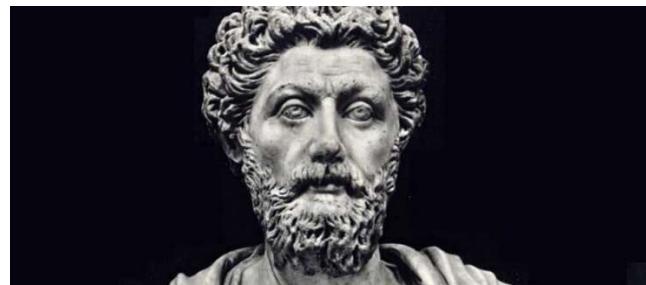
Stoic Reflection of the Day

Do I look up to or look down on others? How can I better see everyone as my equal and look them straight in the eye.

“Alexander the Great and his mule driver both died, and the same thing happened to both.

They were absorbed alike into the life force of the world or dissolved alike into atoms.”

~Marcus Aurelius





July 14th

Stoic Thought of the Day

Advice

Stoicism is the ultimate life skill.

It will help you in every area of your life.

Personal Life.

Family Life.

Professional Life.

They all present you with challenges.

That Stoicism provides great advice for.

Stoicism will not solve all your problems.

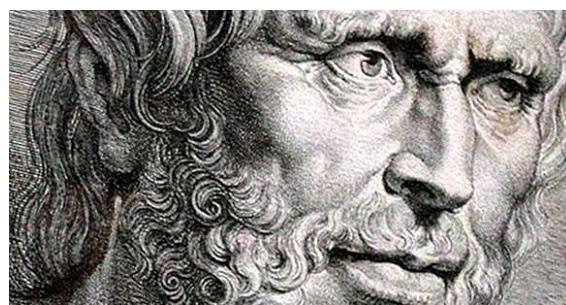
But it will make all your problems more solvable.

Stoic Reflection of the Day

Do I apply Stoicism to all facets of my life? Do I use Stoicism to help me solve my problems?

“Countless things that happen every hour call for advice; and such advice is to be sought in philosophy.”

~Seneca





July 15th

Stoic Thought of the Day

Loss

You don't get upset.

When someone asks you to return something you borrowed.

You return it to its rightful owner.

And say thanks.

Everything is borrowed.

Nothing is owned.

One day it will be taken from you.

When that happens.

Be thankful for the time.

You got to borrow it.

Stoic Reflection of the Day

To I cling to my possessions and get upset when they are "taken" from me? Or do I freely let them go, grateful for the time I got to borrow them?

"Loss and sorrow are only possible with respect to things we own."

~Epictetus





July 16th

Stoic Thought of the Day

Self-Deceit

The most dangerous lies.

Are the lies you tell yourself.

Wrapping yourself in a blanket of deception may be comforting.

But it also imprisons you.

Break out of the shackles of self-deceit.

Be honest with yourself.

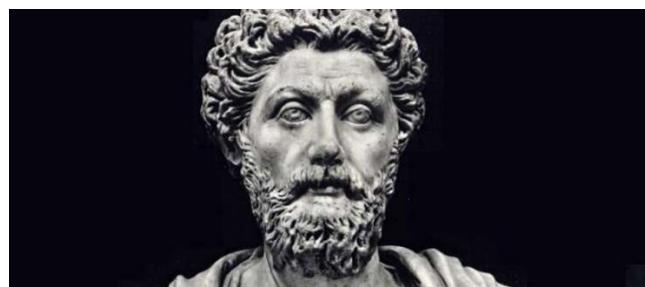
The truth will set you free.

Stoic Reflection of the Day

Am I comforting myself by being dishonest with myself? What cold, hard truths do I need to face?

“It’s the truth I’m after, and the truth never harmed anyone. What harms us is to persist in self-deceit and ignorance.”

~Marcus Aurelius





July 17th

Stoic Thought of the Day

Property

All your possessions.

All your "stuff".

Don't get too attached to it.

You are only borrowing it.

For a brief period of time.

The time will come for you to give it back.

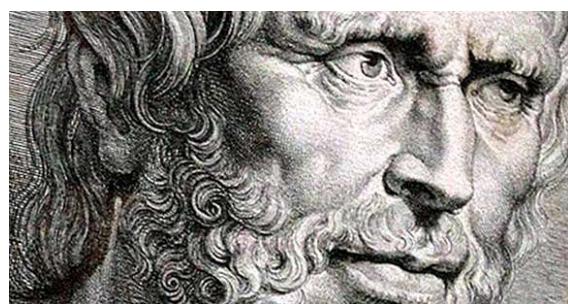
And let someone else get their turn.

Stoic Reflection of the Day

What would hurt me the most to lose? Can I lessen my sense of ownership over it?

“Well, what you possess and call your own is really public property, or mankind's property for that matter.”

~*Seneca*





July 18th

Stoic Thought of the Day

Lurk

Are your possessions the master of you?
Or are you the master of your possessions?

Choose the latter.

Living below your means.

Will give you freedom that those chasing possessions.

Will never understand.

Stoic Reflection of the Day

Is there a possession I am desiring or clinging to? Can I let it go to live
more below my means?

“For it is better that great souls should dwell in
small houses than for mean slaves to lurk in
great houses.”

~Epictetus





July 19th

Stoic Thought of the Day

Function

Take time to help somebody out today.

Go out of your way to lend a hand.

Give encouragement.

Jump in to help.

Why?

It is your duty.

It's what you were born to do.

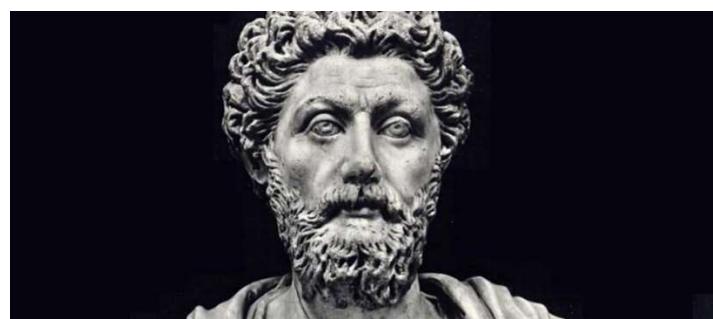
Perform your function.

Stoic Reflection of the Day

Have I passed up the opportunity to help someone in need? How can I better perform my duty to help my fellow humans?

“Humans were made to help others. And when we do help others--or help them do something-- we're doing what we were designed for. We perform our function.”

~Marcus Aurelius





July 20th

Stoic Thought of the Day

Simple

The Stoic values of:

Objective Judgement

Unselfish Action

Willing Acceptance.

Help to keep life simple.

When you step outside of these basic truths.

Life gets complex and messy.

Follow the KISS principle:

Keep it Simple Stoic.

Stoic Reflection of the Day

Where do I make things too complex? How can I simplify them?

“Devotion to what is right is simple, devotion to what is wrong is complex and admits of infinite variations.”

~*Seneca*





July 21st

Stoic Thought of the Day

Cooperation

Somebody hurt your feelings?

Incorrect.

You hurt your own feelings.

How?

You believed yourself to be hurt.

It's your choice.

It's always your choice.

Stoic Reflection of the Day

Has someone recently hurt my feelings? Why did I allow my feelings to be hurt?

“Another person will not hurt you without your cooperation; you are hurt the moment you believe yourself to be.”

~Epictetus





July 22nd

Stoic Thought of the Day

Impressions

Enjoy the tranquility of this moment.

Everything you need to be at peace is here.

In your own mind, in your own fortress.

Let the future take care of itself.

You will be prepared for whatever fate presents you.

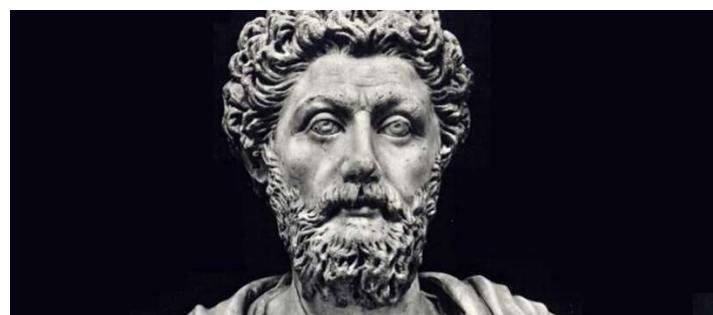
If you take it one moment at a time.

Stoic Reflection of the Day

Do I drift back into the past or ahead into the future too often? How can I better anchor myself in the present moment?

“If you can cut free of impressions that cling to the mind, of future and past--then you can spend the time you have left in tranquility. And in kindness. And at peace with the spirit within you.”

~Marcus Aurelius





July 23rd

Stoic Thought of the Day

Time

You have plenty of time.

To accomplish everything you need to.

And to achieve your greatest goals.

You just have to invest it wisely.

Treat it like the precious commodity it is.

Protect it.

Value it more than money.

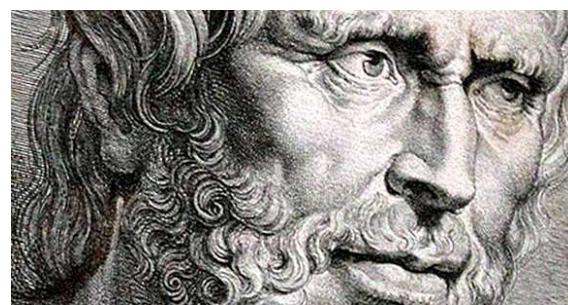
Don't waste it.

Stoic Reflection of the Day

Do I waste my time? How can I spend it more wisely?

“It is not that we have a short time to live, but that we waste a lot of it. Life is long enough, and a sufficiently generous amount has been given to us for the highest achievements if it were all well invested.”

~Seneca





July 24th

Stoic Thought of the Day

Olympic

No one got stronger.

By doing easy things.

No one got better.

By backing down.

Do not shrink from the challenges of life.

They were sent to make you stronger.

To turn you into an Olympic athlete.

In the game of life.

Stoic Reflection of the Day

Do I ever back down to life's challenges? How can I better train myself to stand toe to toe with them?

“The true man is revealed in difficult times. So, when trouble comes, think of yourself as a wrestler whom God, like a trainer, has paired with a tough young buck. For what purpose? To turn you into Olympic-class material.”

~Epictetus





July 25th

Stoic Thought of the Day

Setback

Life presents you with raw materials for growth.

They come in many forms:

Challenges, struggles, and setbacks.

When this happens.

Respond like a Stoic.

Use these obstacles as opportunities.

Use your setbacks.

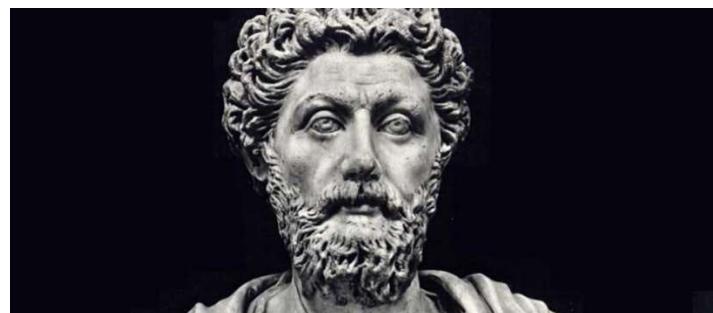
To guide you forward.

Stoic Reflection of the Day

Do I respond to my challenges like a Stoic? Do I use them as opportunities to improve?

“A rational being can turn each setback into raw material and use it to achieve its goal.”

~Marcus Aurelius





July 26th

Stoic Thought of the Day

Fun

When something unfortunate (not tragic) happens.

You have a choice.

You can take it seriously and feel sorry for yourself.

Or...

You can find the humor in it and laugh it off.

Make the more civilized choice.

Make the Stoic choice.

Stoic Reflection of the Day

Do I take myself too seriously? How can I find more humor in life?

“So, we should make light of all things and endure them with tolerance; it is more civilized to make fun of life than to bewail it.”

~Seneca





July 27th

Stoic Thought of the Day

Need

Focus on seeing. Not on being seen.

Focus on hearing. Not on being heard.

Focus on admiring. Not on being admired.

Focus on knowing. Not on being known.

In other words...

Focus on what you can control.

Or more simply put.

Be a Stoic.

Stoic Reflection of the Day

Do I worry about things I cannot control? How can I shift my focus back onto things I can control?

“If you keep yourself calm, poised, and dignified, if you observe rather than be observed, if you don't envy people with greater success, don't let externals disconcert you -- if you do all this, what more do you need?”

~Epictetus





July 28th

Stoic Thought of the Day

Tranquility

Don't worry about what "they" think.

They are so wrapped up in themselves.

They barely even notice you.

Live your life the way you see fit.

Treat yourself to the tranquility.

Of tuning out the opinions of others.

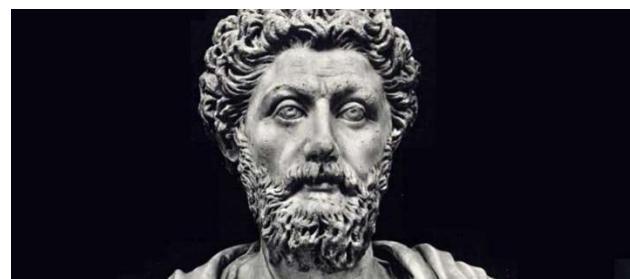
And following your own lead.

Stoic Reflection of the Day

Do I worry too much about what others think of me? How can I tune out the opinions of others and follow my own lead?

“The tranquility that comes when you stop caring what they say. Or think, or do. Only what you do.”

~Marcus Aurelius





July 29th

Stoic Thought of the Day

Teaching

Eventually, the time will come.

To put down the books.

And be a teacher instead of a learner.

Let that time be today.

Teach through your words.

More importantly.

Teach through your actions.

Stoic Reflection of the Day

Am I spending too much time being a learner? How can I better teach what I have learned?

“Let's have some difference between you and the books! How much longer are you going to be a pupil? From now on do some teaching as well.”

~Seneca





July 30th

Stoic Thought of the Day

Play

There is much about your life.

That you have no say in.

But how you live the life you were given.

Is completely up to you.

You don't get to choose your role.

But you get to choose how to play it.

Play your role well.

Stoic Reflection of the Day

Do I accept the role that I was assigned? Am I playing it to the best of my ability?

“Remember that you are an actor in a play, the nature of which is up to the director to decide.

Whatever role is assigned, the accomplished actor will perform it with impartial skill. But the assignment of roles belongs to another.”

~Epictetus





July 31st

Stoic Thought of the Day

Awaken

Yes, there are serious things going on in our lives.

But we should not take life too seriously.

Yes, we have important work to do.

But we should remain detached while we complete it.

Treat life like a dream.

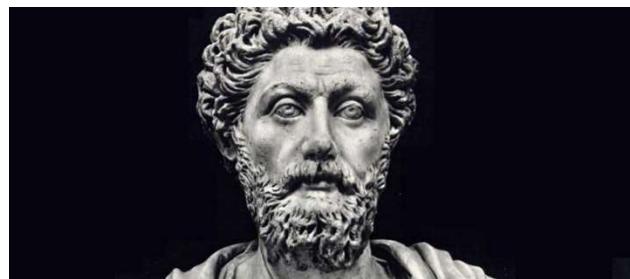
That one day you will awaken from.

Stoic Reflection of the Day

Are there times I take life too seriously? How can I treat it more like a dream?

“Awaken; return to yourself. Now, no longer asleep, knowing they were only dreams, clear-headed again, treat everything around you as a dream.”

~Marcus Aurelius





August 1st

Stoic Thought of the Day

Character

Be a good caretaker of your character.

It is the most valuable asset you have.

Make it painfully clear to everyone you meet.

That you are a person of character.

Don't let it be obscured by the clouds of indiscretion.

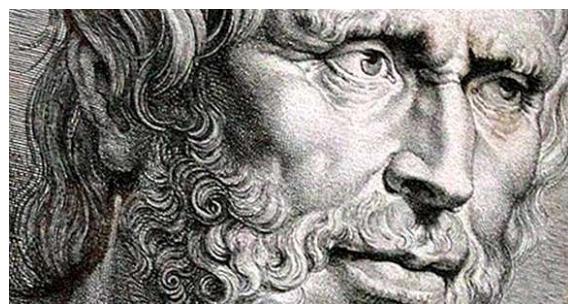
Let it shine bright.

Stoic Reflection of the Day

Am I a good caretaker of my character? In what areas do I need to let my character shine more brightly?

“A good character is the only guarantee of everlasting, carefree happiness. Even if some obstacle to this comes on the scene, its appearance is only to be compared to that of clouds which drift in front of the sun without ever defeating its light.”

~Seneca





August 2nd

Stoic Thought of the Day

Wish

Too many people spend too much time and energy on things they can't control.

And wish things were different.

Don't be one of them.

Wish for things to be.

Exactly like they are.

Act on what you can control.

Accept the rest.

Stoic Reflection of the Day

Do I ever wish things were different? How can I better accept things as they are?

“Seek not that the things which happen should happen as you wish; but wish the things which happen to be as they are, and you will have a tranquil flow of life.”

~Epictetus





August 3rd

Stoic Thought of the Day

Waves

Sometimes you need to be like sand.

And gracefully move with the current and tides of the water.

Other times you need to be like a rock.

That stands strong.

As the waves crash around you.

When it comes to your beliefs.

Be sand.

When it comes to your principles.

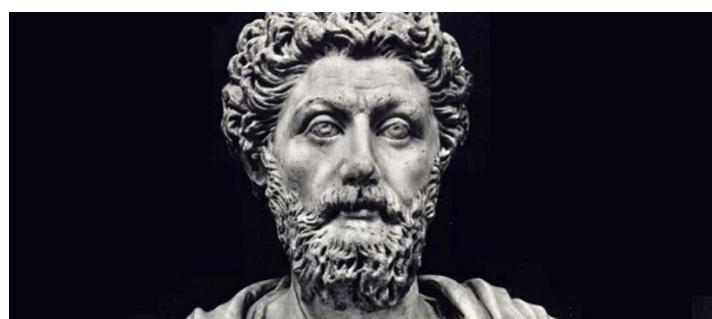
Be a rock.

Stoic Reflection of the Day

Am I willing to be flexible with my beliefs? Do I stand strong and defend my principles?

“To be like the rock that waves keep crashing over. It stands unmoved and the raging of the sea falls still around it.”

~Marcus Aurelius





August 4th

Stoic Thought of the Day

Grumble

Life will present you with challenges.

Don't complain about them.

You aren't the only one facing challenges.

But you can choose to be the different one.

While the others grumble about their challenges.

You can accept them.

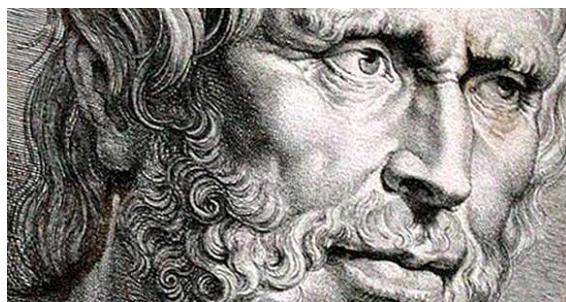
You can choose not to complain.

Stoic Reflection of the Day

Do I ever find myself complaining? How can I face my challenges more like a Stoic?

“Well imagine that life is saying to you, 'Those things you grumble about are the same for everyone. I can give no one anything easier. But anyone who likes may make them easier for himself.' How? By viewing them with equanimity.”

~*Seneca*





August 5th

Stoic Thought of the Day

Nervousness

Nervousness is a product.

Of focusing on things outside our control:

Their feedback. Their response. The outcome.

But if we focus on what we can control:

Our preparation. Our practice. Our delivery.

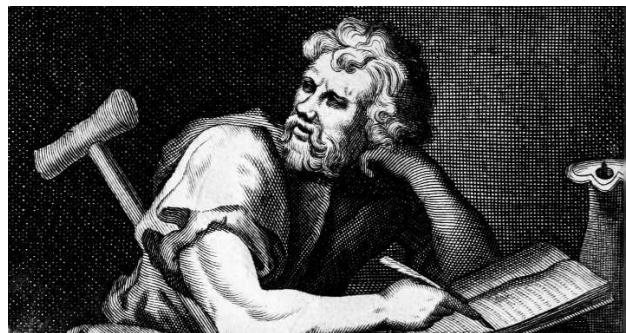
Then nervousness starts to melt away.

Stoic Reflection of the Day

Where in my life do I get nervous? Am I focusing on things in those situations I cannot control?

“Whenever I see a person suffering from nervousness, I think, well what can he expect? If he had not set his sights on things outside man's control, his nervousness would end at once. Because he not only wants to perform well, he wants to be well received-and the latter is outside his control.”

~Epictetus





August 6th

Stoic Thought of the Day

Thwarting

The only person standing in your way.

Is you.

Stop waiting for motivation.

Stop waiting for permission.

Stop waiting for the right time.

Stop waiting until you are ready.

Stop waiting for conditions to be perfect.

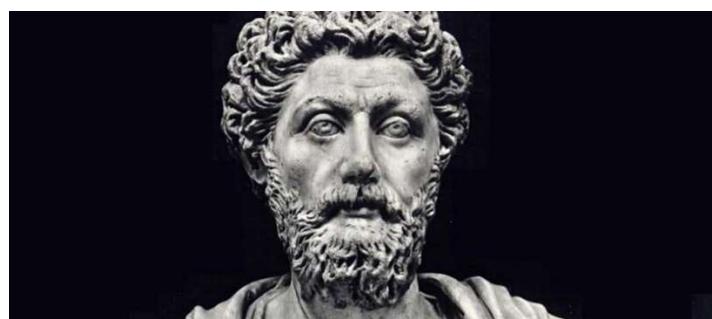
Just start.

Stoic Reflection of the Day

Is there something I am procrastinating on that I need to do? How can I get out of my own way and take action?

“Everything you're trying to reach--by taking the long way round--you could have right now, this moment. If you'd only stop thwarting your own attempts.”

~Marcus Aurelius





August 7th

Stoic Thought of the Day

Silver

It's ok to want fancy things.

The problem arises when you NEED them.

When you chase after them.

And feel your life is incomplete without them.

Let them come to you if they will.

And let them go.

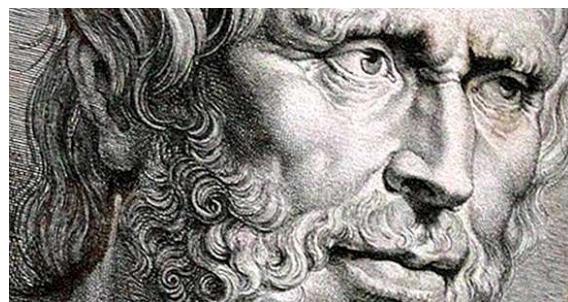
When you are done with them.

Stoic Reflection of the Day

Do I need possessions to be happy? How can I learn to happy with less instead of more?

“It is a great man that can treat his earthenware as silver, and a man who treats his silver as if it were earthenware is no less great.”

~Seneca





August 8th

Stoic Thought of the Day

Hear

Be sure to listen to others.

Really listen, deeply.

Resist the urge to talk over them.

Don't be preoccupied

Don't think of what you are going to say next.

Listen

Breathe.

Then Speak.

Practice the lost art of listening.

Stoic Reflection of the Day

Do I listen more than I talk? How can I become a better listener?

“Nature has given to men one tongue, but two ears, that we may hear from others twice as much as we speak.”

~Epictetus





August 9th

Stoic Thought of the Day

Thwart

The complainers, the doubters, the “haters”.

The world needs them too.

They play their part.

They give us the opportunity to dig deep.

And find the best in ourselves.

Play your part.

Be kind and patient with them.

You have no idea what they are going through.

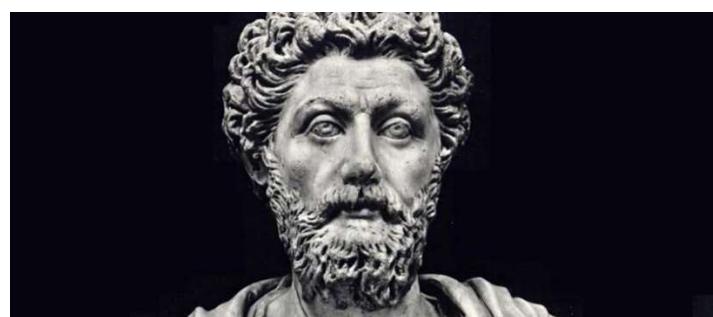
Neutralize animosity with kindness.

Stoic Reflection of the Day

Do I respond to animosity with animosity? Can I rise above animosity and respond with patience and kindness?

“And to those who complain and try to obstruct and thwart things--they help as much as anyone. The world needs them as well.”

~Marcus Aurelius





August 10th

Stoic Thought of the Day

Hanker

Avoid Hedonic Adaptation like the plague.

What is it?

Crave stuff > Get stuff > Get tired of stuff > Crave better stuff

Control your craving for more.

Learn to love the simple things you have.

When you are happy with what you have.

Then you have everything you need.

Stoic Reflection of the Day

Am I on the Hedonic Treadmill chasing after new things? How can I better learn to appreciate the things I already have?

“It is not the man who has too little who is poor, but the one who hankers after more.”

~Seneca





August 11th

Stoic Thought of the Day

Power

You are better off.

Optimizing your life for happiness than for money.

Happiness is always available to you.

It's within your power to choose it.

Money is hard to come by and not under your control.

As hard as you try.

You may never get as much as you want.

The happier you are.

The less you need money to be happy.

Stoic Reflection of the Day

Am I focusing more on generating money or generating happiness? How can I better optimize my life for happiness?

“If you wish to be rich, you should know that it is neither a good thing nor at all in your power: but if you wish to be happy, you should know that it is both a good thing and in your power.”

~Epictetus





August 12th

Stoic Thought of the Day

Undiminished

Be the different one.

The one who tries to make a difference.

The one who chooses to do the next right thing.

The one who puts the needs of others before their own.

Set yourself apart.

Be the one who chooses to do good.

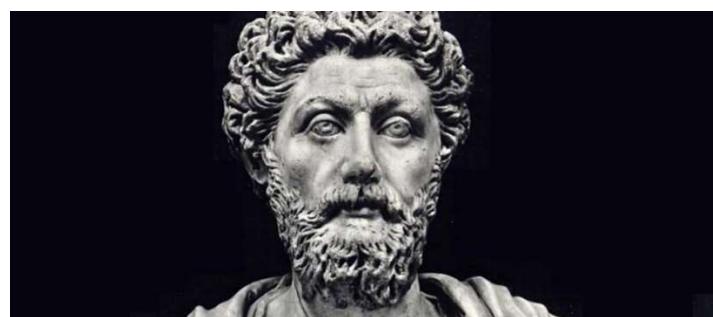
Let your colors shine brilliantly.

Stoic Reflection of the Day

Is being a good person one of my primary goals in life? Am I holding myself to high enough standards?

“No matter what anyone says or does, my task is to be good. Like gold or emerald or purple repeating to itself, ‘No matter what anyone says or does, my task is to be emerald, my color undiminished.’”

~Marcus Aurelius





August 13th

Stoic Thought of the Day

Enough

Keep your cravings in check.

Unchecked desire ultimately leads to suffering.

Don't do that to yourself.

Do you have what is essential?

Then you have enough.

Everything else is just frosting.

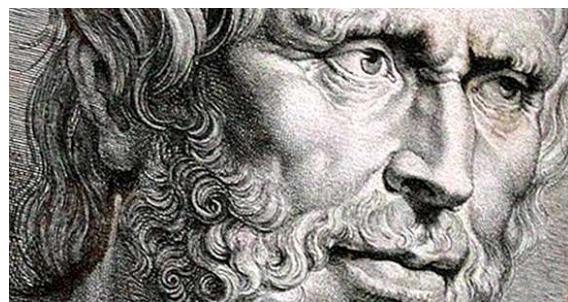
On an already delicious cake.

Stoic Reflection of the Day

Am I letting my desires run unchecked? How can I better appreciate the simple things I already have?

“You have to ask what is the proper limit to a person's wealth? First, having what is essential, and second, having what is enough.”

~Seneca





August 14th

Stoic Thought of the Day

Master

When you let someone make you angry.

You are handing over the keys.

And letting someone else drive your mind.

Whose car is this anyhow?

It's yours.

Be the master of your own mind.

Keep your hands on the wheel.

Keep in control.

Keep calm.

Stoic Reflection of the Day

Do I allow others to make me angry? How can I better keep my calm?

“Any person capable of angering you becomes your master; he can anger you only when you permit yourself to be disturbed by him.”

~Epictetus





August 15th

Stoic Thought of the Day

Fortunate

Whatever "bad" things happen to you.

Are only "bad" because you choose to see them that way.

You could choose to see them differently.

You could choose to see them as good.

Lessons sent to you by fate.

To test you.

And to help make you stronger.

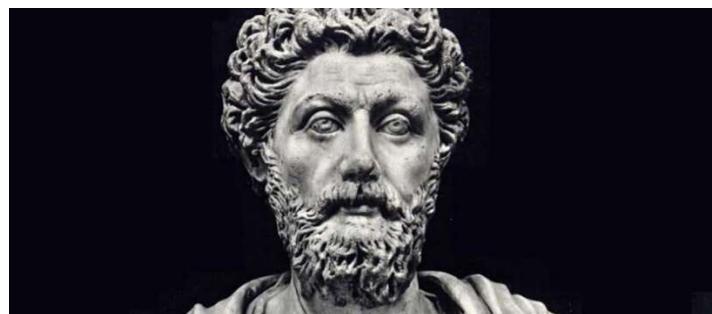
Choose wisely.

Stoic Reflection of the Day

Do I label my challenges as bad? Can I learn to see the good in my challenges?

“It's unfortunate that this has happened.
No. It is fortunate that this has happened,
and I've remained unharmed by it.”

~Marcus Aurelius





August 16th

Stoic Thought of the Day

Hunted

Focus on being "productive".

Instead of being "busy".

The difference?

Productive people manage their day.

And get important things done.

Busy people are managed by their day.

And accomplish nothing of value.

Be the hunter of your day.

Not the hunted.

Stoic Reflection of the Day

Do I proactively manage my day? Or do I reactively respond to whatever the day throws at me?

“For a delight in bustling about is not industry -- it is only restless energy of a hunted mind”

~Seneca





August 17th

Stoic Thought of the Day

Art

Every great artist starts with a blank slate.

That they use to create something beautiful.

You do too.

Every day you are given the blank slate of a new day.

That you can use to create art.

Be a great artist.

Create something beautiful.

Stoic Reflection of the Day

Do I carry baggage into each new day? How can I better see each day as a fresh start?

“For as wood is the material of the carpenter, and marble that of the sculptor, so the subject matter of the art of life is the life of the self.”

~Epictetus





August 18th

Stoic Thought of the Day

Overwhelmed

A great athlete is prepared.

For any situation that may arise in the arena.

They practice and plan before the competition.

You should be prepared as well.

How?

By reflecting on how things could go wrong.

And having contingency plans in place.

Don't let life catch you unprepared.

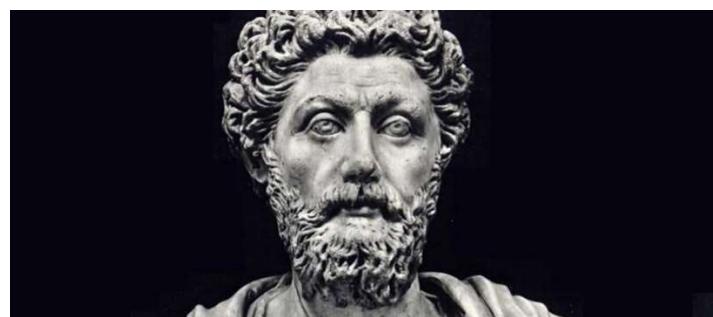
And overwhelm you.

Stoic Reflection of the Day

What event could devastate my life? What contingency plans can I put in place to be prepared should this event come to pass?

“An athlete in the greatest of all contests -- the struggle not to be overwhelmed by anything that happens.”

~Marcus Aurelius





August 19th

Stoic Thought of the Day

Unnecessary

Buying someone a gift.

Is one of the most beautiful gestures you can do for others.

Not buying yourself an unnecessary gift.

Is one of the most beautiful gestures you can do for yourself.

Give yourself the gift of financial freedom.

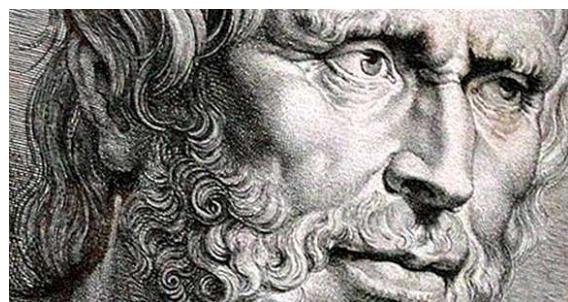
By living below your means.

Stoic Reflection of the Day

Do I live above my means? What expenses can I eliminate to live below my means and gain more financial freedom?

“Until we go without them, we fail to realize how unnecessary many things are.”

~*Seneca*





August 20th

Stoic Thought of the Day

Events

Do you expect or accept?

Expecting events to turn out a certain way.

Only leads to disappointment when they do not.

Accepting events exactly as they are.

Leads to peace.

Prepare?

Yes.

Anticipate?

Yes.

Expect?

No.

Stoic Reflection of the Day

Do I feel disappointment when things do not turn out the way I planned?

How can I better accept things exactly as they are?

“Ask not that event should happen as you will,
but let your will be that events should happen
as they do, and you shall have peace.”

~Epictetus





August 21st

Stoic Thought of the Day

Moment

How to have a great day...

Be objective about what happens to you.

Be unselfish in your actions and help others.

Accept whatever fate sends your way.

If you do these three things.

During each moment of the day.

It will be a success.

No matter what happens.

Stoic Reflection of the Day

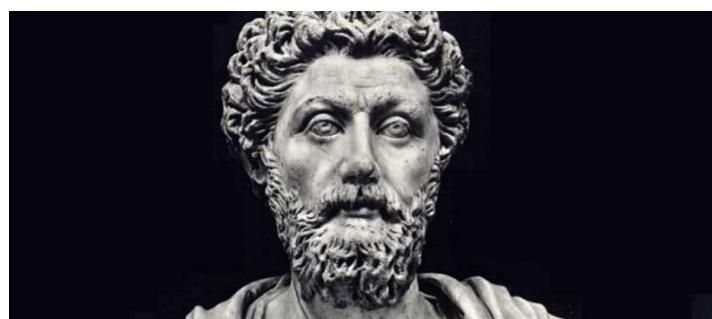
What is my measure of a successful day? Do I measure success by what I can control or external events I cannot control?

“Objective judgement, now, at this very moment.

Unselfish action, now, at this very moment.

Willing acceptance - now, at this very moment - of all external events. That's all you need.”

~Marcus Aurelius





August 22nd

Stoic Thought of the Day

Rich

Naval Ravikant tells us:

"Money will not solve all your problems, but it will solve all your money problems."

Even if you are rich in money.

You can still be poor in spirit.

The solution?

Make money.

But also build your character.

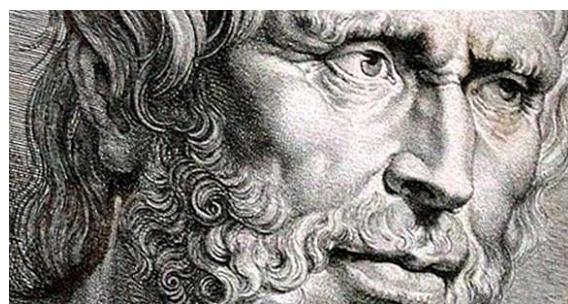
So you don't need it.

Stoic Reflection of the Day

While I focus on making more money, am I also focusing on not needing that money?

"We shall be easier in our minds when rich if we have come to realize how far from burdensome it is to be poor."

~Seneca





August 23rd

Stoic Thought of the Day

Test

When something happens to you.

Do you go with your first emotional response?

Or do you stop and evaluate the situation, if only for a second?

Our first response is not always our best option.

When something happens.

Slow down, breath, evaluate.

Then respond.

Put the situation to the test.

Stoic Reflection of the Day

Do I ever get myself in trouble because I respond emotionally? How can I better slow down and evaluate a situation before I respond?

“Don't let the force of impression when it first hits you knock you off your feet; just say to it, 'Hold on a moment; let me see who you are and what you represent. Let me put you to the test.'”

~Epictetus





August 24th

Stoic Thought of the Day

Attentiveness

Pay attention to what you pay attention to.

And you might find you are wasting your attention.

You only have so much attention.

Don't squander it on trivial things.

Use it on things that really matter.

Your attention is valuable.

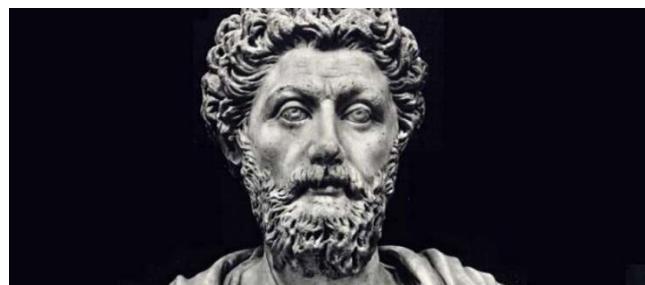
Spend it wisely.

Stoic Reflection of the Day

Do I waste my attention on things of little consequence? How can I better focus my attention on the things that truly deserve it?

“The value of attentiveness varies in proportion to its object. You're better off not giving the small things more time than they deserve.”

~Marcus Aurelius





August 25th

Stoic Thought of the Day

Company

Do yourself a favor.

Take time today to sit quietly in your own company.

To be aware.

Be aware of the sounds and sights around you.

Be aware of your breath.

Meditate.

Meditation strengthens your Stoicism.

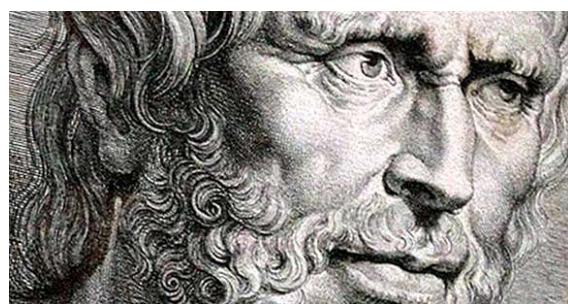
Stoicism strengthens your Meditation.

Stoic Reflection of the Day

Do I spend time alone in my own company? Where can I make time in my life to be still and meditate?

“Nothing, to my way of thinking, is a better proof of a well-ordered mind than a man's ability to stop just where he is and pass time in his own company.”

~*Seneca*





August 26th

Stoic Thought of the Day

Speech

The fool speaks more than they listen.

The wise person listens more than they speak.

They know that when they speak, they learn nothing.

But when they listen, they learn everything.

Wisdom is gained through listening.

Spend more time listening than speaking.

So, when you do speak.

You sound wise.

Stoic Reflection of the Day

Are there times that I talk too much? Where in my life can I practice being a better listener?

“All have the gift of speech, but few are possessed of wisdom.”

~ Cato





August 27th

Stoic Thought of the Day

Rejoice

Anthony de Mello teaches us:

“Right now, you have everything you need to be in bliss.”

Look around you.

Your life is full of abundance.

Stop thinking you need something else.

Stop wishing you had something more.

You already have everything you need.

Rejoice for what you have.

Stoic Reflection of the Day

Do I wish I had more? Or do I rejoice for what I already have?

“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”

~Epictetus





August 28th

Stoic Thought of the Day

Interpret

We label things as “bad”, “hurtful”, and “unpleasant”.

Because that's how we choose to interpret them.

But the events of our lives are completely neutral.

We are the ones who give them meaning.

Based on our interpretation of them.

Choose not to be hurt by them.

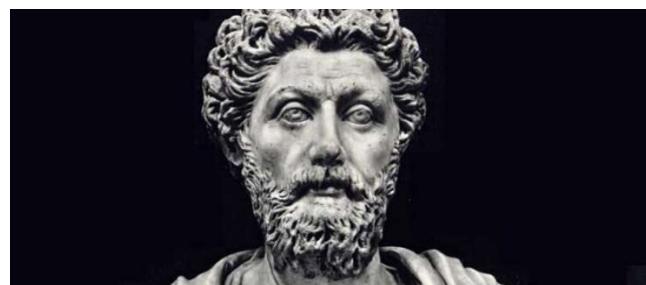
And you won't be.

Stoic Reflection of the Day

Am I too quick to label things as “bad”? How can I better choose not to see things as harmful?

“It doesn't hurt me unless I interpret it's happening as harmful to me. I can choose not to.”

~Marcus Aurelius





August 29th

Stoic Thought of the Day

Mask

The people you are trying to "be" something for.

That you are trying to impress?

They are trying to impress other people too.

And on and on.

Your best bet?

Authenticity.

Be your genuine, authentic self.

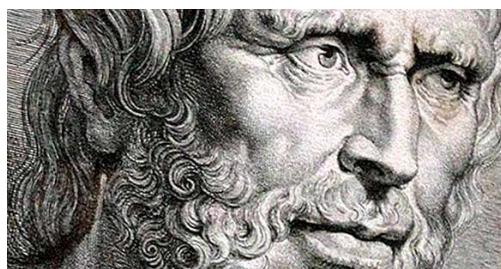
Drop the mask.

Stoic Reflection of the Day

Am I too busy trying to be something other than my authentic self to impress others? How can I be truer to myself?

“For it is agonizing to always be watching yourself in fear of being caught when your usual mask has slipped.”

~Seneca





August 30th

Stoic Thought of the Day

Fortitude

If you “train” yourself properly.

And develop the right skills.

You will be prepared for whatever life presents.

What skills should you develop?

Objectivity

Unselfishness

Acceptance

These will help build your fortitude.

And keep worry at bay.

Stoic Reflection of the Day

Do I worry too much? How can I build my fortitude to reduce my worry?

“Why should I worry about what happens if I am armed with the virtue of fortitude?”

~Epictetus





August 31st

Stoic Thought of the Day

Stress

If you want to do anything worthwhile in life.

You are going to feel some stress.

It's a normal part of the human experience.

But don't allow yourself to get stressed over everything.

Make sure you are feeling stress over the right things.

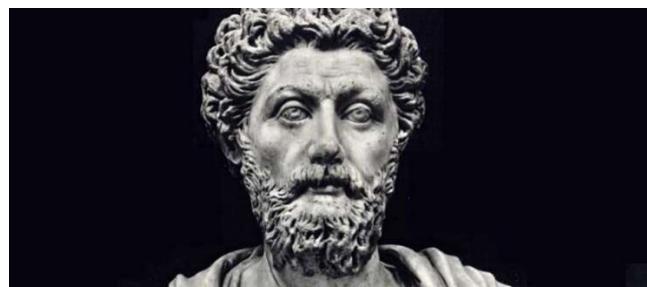
The things you can control.

Stoic Reflection of the Day

Am I feeling stress over things I cannot control? How can I let them go and focus on the things I can control?

“And for a human being to feel stress is normal-- if he's living a normal human life. And if it's normal, how can it be bad?”

~Marcus Aurelius





September 1st

Stoic Thought of the Day

Convention

Be the different one.

Don't follow the masses.

Follow your own unique path.

Find what works for you.

If you want a conventional life, do conventional things.

If you want a unique life, do unique things.

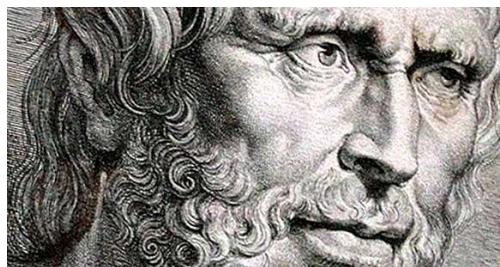
Be the different one

Stoic Reflection of the Day

Do I seek to follow “the norm?” How can I break convention and live by my own standards?

“One of the causes of the troubles that beset us is the way our lives are guided by the example of others; instead of being set to rights by reason we're seduced by convention.”

~Seneca





September 2nd

Stoic Thought of the Day

Fair

We are all given a fixed amount of time to live.

None of know how long our time here will last.

We can influence our longevity with good choices.

But we cannot control it.

One thing you can control?

Gratitude for the time you have been given.

And appreciation for the beauty you are privileged to be a part of.

Stoic Reflection of the Day

Am I afraid of death? Or do I choose to focus on
gratitude for the time I have had?

“Now you want me to leave the fair, so I go,
feeling nothing but gratitude for having
been allowed to share with you in the
celebration, to get to see your works and
comprehend your rule.”

~Epictetus





September 3rd

Stoic Thought of the Day

Spring

People living the same day, over and over.

Mindless passengers in a stagnant life.

Driven by mundane habits and mindless routines.

Don't be one of them!

Keep your life fresh.

Live with purpose.

Live with intention.

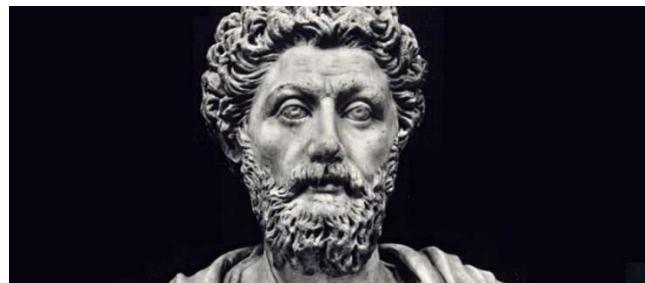
Live an examined life.

Stoic Reflection of the Day

Am I stuck in mindless routine? How can I live my life more intentionally?

“To have that. Not a cistern but a perpetual spring.”

~Marcus Aurelius





September 4th

Stoic Thought of the Day

Confident

Be prepared for whatever life throws at you by practicing.

Practicing Objectiveness.

Practicing Unselfishness.

Practicing Acceptance.

Practicing Stoicism.

These "skills" will help you face anything that life presents.

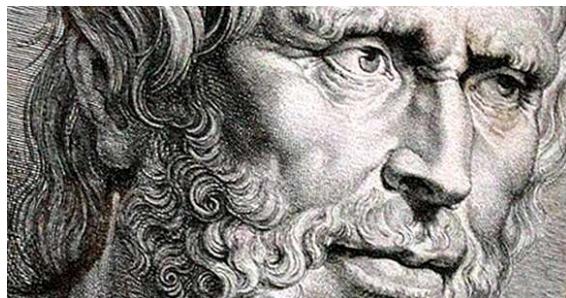
With unflinching confidence.

Stoic Reflection of the Day

Am I unprepared for life's challenges? What do I need to practice to better prepare myself?

“For the only safe harbour in this life's tossing, troubled sea is to refuse to be bothered about what the future will bring and to stand ready and confident, squaring the breast to take without skulking or flinching whatever fortune hurls at us.”

~*Seneca*





September 5th

Stoic Thought of the Day

Stoic

When Commander James Stockdale's plane was shot down over Vietnam, he said to himself:

“Five years down there, at least. I'm leaving the world of technology and entering the world of Epictetus.”

In the face of fear and adversity, he chose to be a Stoic.

You most likely will not be shot down over enemy territory today.

But you will face adversity.

Do the same as Commander Stockdale.

Choose to be a Stoic.

Stoic Reflection of the Day

When I am faced with adversity do I panic, freeze, or give up? How can I choose to find happiness even in the worst of situations?

“Show me someone sick and happy, in danger and happy, dying and happy, exiled and happy, disgraced and happy. Show me! By God, how much I'd like to see a Stoic.”

~Epictetus





September 6th

Stoic Thought of the Day

Necessary

We try to be as productive as possible.

To do more, more, more.

When actually, we should be doing less, less, less.

Being busy is not being productive.

Do what is necessary.

Do what is important.

Do less.

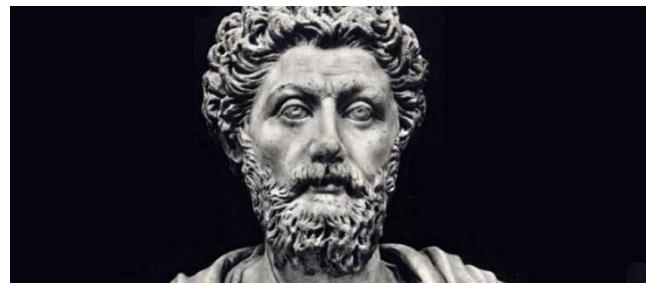
To accomplish more.

Stoic Reflection of the Day

Am I sacrificing accomplishment for the sake of productivity? What business can I eliminate to accomplish more?

“If you seek tranquility, do less. Because most of what we say and do is not essential. If you can eliminate it, you’ll have more time, and more tranquility. Ask yourself at every moment, “Is this necessary?”

~Marcus Aurelius





September 7th

Stoic Thought of the Day

Play

Your life is like a play.

There is drama, comedy, and conflict.

You didn't get to choose the play you appear in.

But how you play your part.

That's completely up to you.

You are the protagonist of this play.

Whatever play you happen to appear in.

Play your part well.

Stoic Reflection of the Day

Am I content with the play I have been cast in? How can I play my role better?

“As with a play, so it is with life -- what matters is not how long the acting lasts, but how good it is.”

~Seneca





September 8th

Stoic Thought of the Day

Power

This simple phrase reflects the heart of Stoicism:

“Of things some are in our power, and others are not.”

The phrase is simple, but its message is powerful.

Identify the things you do not have power over.

Don’t let yourself get upset over them.

And you are on the path to peace.

Stoic Reflection of the Day

Do I get upset over things I cannot control? How can I learn to accept these things to have more peace in my life?

“Of things some are in our power, and others are not.”

~Epictetus





September 9th

Stoic Thought of the Day

Unselfish

The Stoics called it unselfish action.

The Bhagavad Gita refers to it as detachment.

Under any name.

The most beautiful thing you can do.

Is perform an act of kindness.

While expecting nothing in return.

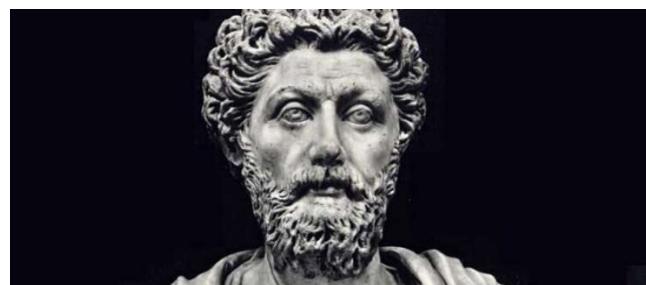
Kindness is its own reward.

Stoic Reflection of the Day

Do I expect a pat on the back when I do a good deed? What kind act can I do today unnoticed?

“To move from one unselfish action to another with God in mind. Only there, delight and stillness.”

~Marcus Aurelius





September 10th

Stoic Thought of the Day

Listen

The wisest person in the room.

Tends to be the quietest.

They say few words.

They spend more time listening.

And when they do talk.

They say something worth listening to.

Let's be wise today.

Let's listen.

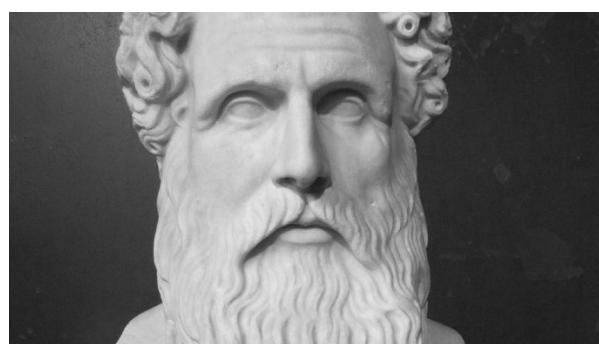
More than we speak.

Stoic Reflection of the Day

Are there times that I talk too much? How can I become a better listener?

“The reason why we have two ears and only one mouth is that we may listen the more and talk the less.”

~ Zeno





September 11th

Stoic Thought of the Day

Immortals

Fear and Desire.

Two powerful forces that shape our lives.

Too much of either throws our life off balance.

And leads to unhappiness.

Fear Less.

By accepting your circumstances.

Desire Less.

By appreciating what you have.

Stoic Reflection of the Day

Do I let fear and desire rule my life? How can I be more accepting and appreciative to lessen these powerful forces?

“You act like mortals in all that you fear, and like immortals in all that you desire.”

~*Seneca*





September 12th

Stoic Thought of the Day

Condition

We can't control our thoughts.

But we can influence them.

We are not completely at their mercy.

We can choose to set our minds on a positive trajectory.

By being optimistic.

By being grateful.

By being Stoic.

That is in our control.

Stoic Reflection of the Day

Am I at the mercy of negative thoughts? How can I set my thoughts on a more positive trajectory?

“Which condition you prefer you can choose for yourself.”

~Epictetus





September 13th

Stoic Thought of the Day

Present

Don't drift into the past.

It is the home of regret.

Don't sneak ahead into the future.

It is the home of worry.

Stay in the present.

Where peace lives.

Give yourself the gift of the moment.

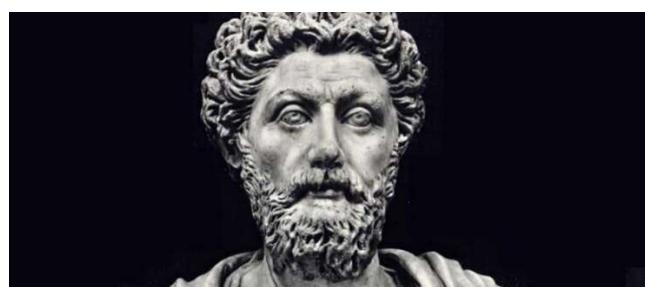
You deserve it.

Stoic Reflection of the Day

Am I drifting into the past or sneaking into the future too much? How can I better ground myself in the present?

“Give yourself a gift: the present moment.”

~Marcus Aurelius





September 14th

Stoic Thought of the Day

Perils

We are surrounded by danger.

Health issues, accidents, plain bad luck.

Every day we hear of friends, family, strangers.

Who have been struck by tragedy.

We are not exempt from these perils.

We could be the next one.

Don't live in fear.

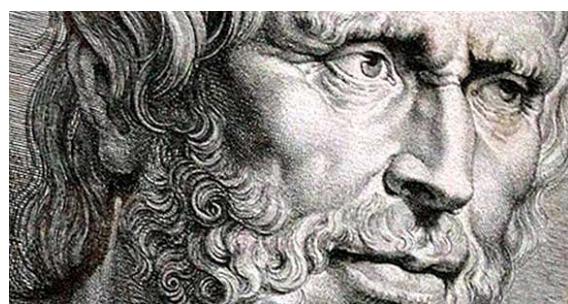
But don't be taken by surprise.

Stoic Reflection of the Day

Do I think bad things only happen to others? Am I prepared should bad fortune visit me?

“Should it surprise me if the perils which have always roamed around me should one day find me?”

~Seneca





September 15th

Stoic Thought of the Day

Abide

Time is a precious resource.

It is far more valuable than money.

You can always make more money.

But you can never get wasted time back.

Spend the brief amount of time you have wisely.

Don't put your future, deathbed self in a position of having to say:

“I wish I would have ...”

Stoic Reflection of the Day

Am I spending my time wisely? What can I do to better protect my most valuable resource?

“I'm a human being, a part of the whole, like an hour in a day. Like the hour I must abide my time, and like the hour, pass.”

~Epictetus





September 16th

Stoic Thought of the Day

Puppet

Stop selling yourself short.

You are much more powerful than you think.

You have untapped strength within you.

You just have to tap into it.

How?

Tune out the negative and focus on the positive.

Follow your convictions.

Believe in yourself.

Stop dancing like a puppet.

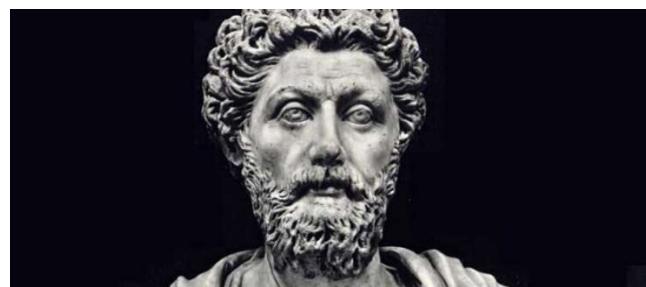
Start standing strong.

Stoic Reflection of the Day

Am I selling myself short? How can I better tap into my potential?

“It's time you realize that you have something in you more powerful and miraculous than the things that affect you and make you dance like a puppet.”

~Marcus Aurelius





September 17th

Stoic Thought of the Day

Seize

Every morning that you awake.

You are given a beautiful gift.

The gift of another day.

Do not take any of them for granted.

Make them count.

They are all unique and special.

And in limited supply.

Act now while supplies last.

Stoic Reflection of the Day

Am I wasting the precious time I have been given? How can I make each day count?

"As each day arises, welcome it as the very best day of all, and make it your own possession. We must seize what flees."

~Seneca





September 18th

Stoic Thought of the Day

Pity

When something bad happens to someone.

You have a couple options.

You can get on your moral high horse.

And pick them apart for what they did wrong.

Or you can take a kinder approach.

You can show sympathy and help them.

Choose wisely.

Stoic Reflection of the Day

Do I pile on and pick people apart when they make a mistake? Or do I show kindness and try to help them?

“If you must be affected by other people's misfortunes, show them pity instead of contempt. Drop the readiness to hate and take offence.”

~Epictetus





September 19th

Stoic Thought of the Day

Work

Focus on your work today.

Allow yourself to get lost in it.

Don't get distracted by wandering thoughts.

Don't procrastinate on trivial tasks.

Identify the next most important thing that needs to be done.

And do it with determination.

You have work to do.

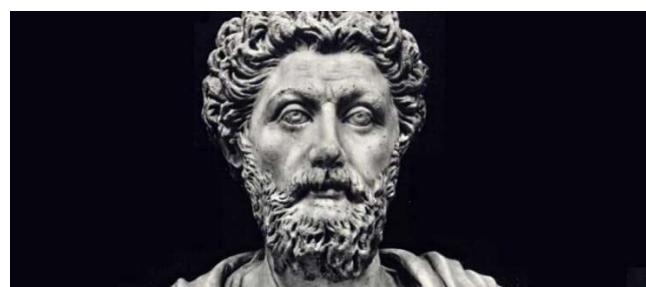
Get to work.

Stoic Reflection of the Day

Do I allow myself to get distracted by trivial tasks? How can I become less distracted and focus on my important work?

“At dawn, when you have trouble getting out of bed, tell yourself: "I have to go to work--as a human being...I am going to what I was born for.”

~ *Marcus Aurelius*





September 20th

Stoic Thought of the Day

Faults

The most important work you can do.

Working on yourself.

The best investment you can make.

An investment in yourself.

As Jim Rohn said:

“Work harder on yourself than you do on your job.”

Make time every day to improve your most valuable asset.

Yourselves.

Stoic Reflection of the Day

Do I make time every day to work on myself? How can I better invest in my most valuable asset?

“Of this one thing make sure against your dying day -- that your faults die before you do.”

~*Seneca*





September 21st

Stoic Thought of the Day

Opinions

The things that upset us only do so because we let them.

The events of our life are neutral.

We are the ones who color them with meaning.

Through our interpretation.

Through our perceptions.

Through our opinions.

Through our mindset.

Want a better life?

Don't change your circumstances.

Change your thinking.

Stoic Reflection of the Day

Do I make the challenges of my life worse than they really are through my opinions? How can I change my mindset to make them easier?

“In general, remember that it is we who torment, we who make difficulties for ourselves—that is, our opinions do.”

~Epictetus





September 22nd

Stoic Thought of The Day

Straightened

When we fall, what do we do?

We get up, dust ourselves off, and try again.

Then we fall again.

How can we stop repeating this process?

Stop falling.

How do we stop falling?

By practicing Stoicism BEFORE we fall down.

Practice, practice, practice...

Use Stoicism for prevention.

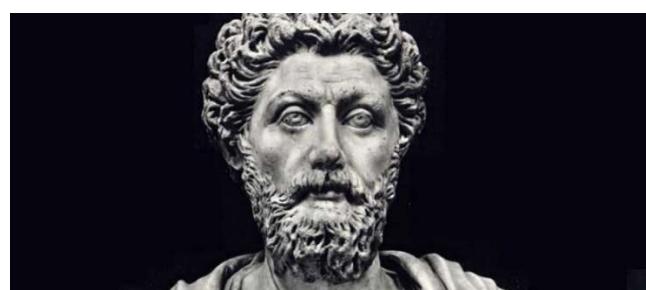
Instead of recovery.

Stoic Reflection of the Day

What mistakes do I keep making over and over again? How can I better practice Stoicism to help me prevent these mistakes from happening?

“How to Act...To stand up straight--Not straightened.”

~Marcus Aurelius





September 23rd

Stoic Thought of the Day

Freedom

Don't be a prisoner to your possessions.

Master your possessions.

Don't let them master you.

Remove the desire for more possessions.

Be satisfied with what you have.

Learn to live below your means.

And you will be rewarded with a freedom.

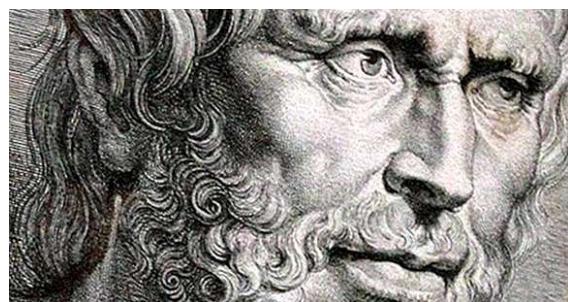
That few enjoy.

Stoic Reflection of the Day

Am I a slave to chasing more possessions? How can I gain the freedom of being satisfied with what I have?

“For men in a state of freedom had thatch for their shelter, while slavery dwells beneath marble and gold.”

~Seneca





September 24th

Stoic Thought of the Day

Nervousness

When you feel nervous about something.

It means you are focusing on what is out of your control.

The outcomes.

Instead, shift your focus to what you can control.

The preparation.

Prepare as best you can.

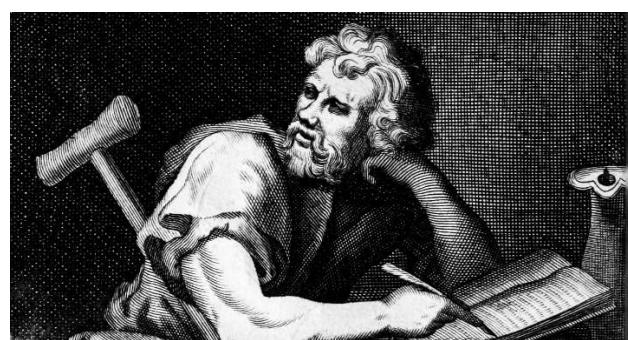
Then let the chips fall as they may.

Stoic Reflection of the Day

What do I get nervous about? How can I better prepare to reduce my nervousness?

“Whenever I see a person suffering from nervousness, I think, well what can he expect? If he had not set his sights on things outside man's control, his nervousness would end at once.”

~Epictetus





September 25th

Stoic Thought of the Day

Human

Do something to help somebody today.

Without telling anybody else.

And without expecting anything in return.

You have no idea how a kind deed could change the trajectory of
someone's day.

Or even their life.

Don't do it for the recognition.

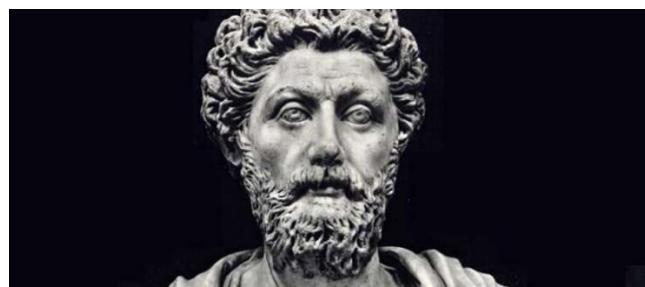
Do it because it is your duty.

Stoic Reflection of the Day

Do I do kind deeds expecting a pat on the back? Or do I do them from a
sense of duty?

“To care for all human beings is part of being
human.”

~Marcus Aurelius





September 26th

Stoic Thought of the Day

Philosophy

Read a few pages of philosophy daily.

Nothing calms the worries of the day.

And puts things in perspective.

Quite like philosophy can (particularly Stoicism).

The oldest books have answers to our oldest problems.

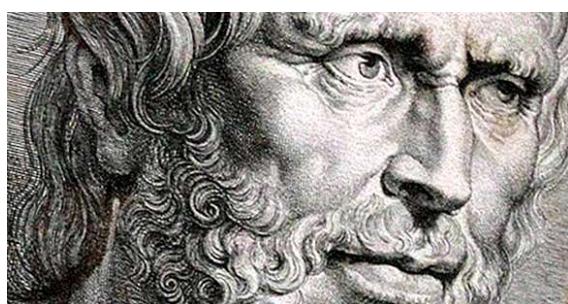
Welcome the wisdom of the ages into your life.

Stoic Reflection of the Day

Do I make time to read some Stoicism every day? How can I better leverage the wisdom of philosophy in my own life?

“Of all people only those are at leisure who make time for philosophy, only those are really alive. For they not only keep a good watch over their own lifetimes, but they annex every age to theirs.”

~Seneca





September 27th

Stoic Thought of the Day

Alternately

Sometimes you have to push the accelerator.

Sometimes you have to pump the brake.

If you are faced with a worthy challenge – persist.

If you are tempted to give in to something you should avoid – resist.

Work the pedals.

As you drive through life.

Stoic Reflection of the Day

What to I need to be more persistent with? What should I be resisting more?

“Two words should be committed to memory and obeyed by alternately exhorting and restraining ourselves, words that will ensure we lead a mainly blameless and untroubled life. These two words are persist and resist.”

~Epictetus





September 28th

Stoic Thought of the Day

Driven

The news, current events, the latest “hot button” issue.

All just noise.

All just unnecessary negativity.

Don’t allow them to distort your view of the world.

And the part you play in it.

Set your own course based on your own beliefs.

Be objective.

Be aware.

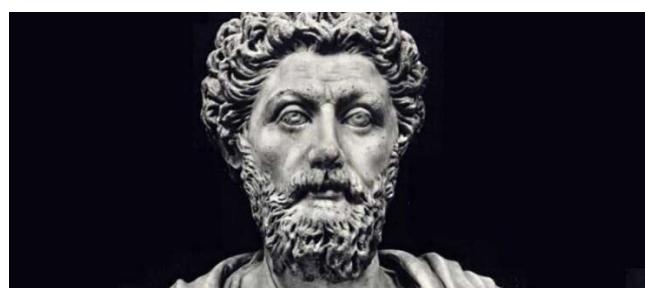
Be true.

Stoic Reflection of the Day

Am I influenced by current events and the news? How can I detach and form my own opinions of the world?

“Not to be driven this way and that, but to always behave with justice and to see things as they are.”

~Marcus Aurelius





September 29th

Stoic Thought of the Day

Remnants

Make time to invest in yourself daily.

The old money wisdom tells us: “Pay yourself first.”

Meaning, put a percentage of your paycheck into your savings.

Before you pay the bills.

The same holds true for yourself.

Invest in yourself first.

Before you do the “other” work that pays the bills.

Don’t just leave yourself the table scraps from the meal.

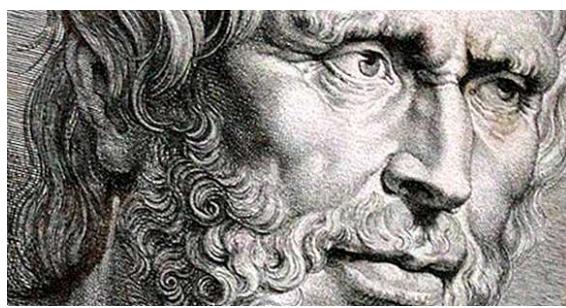
Feed yourself first.

Stoic Reflection of the Day

Do I skip doing things that build me up because I am too tired or burnt out after work? How can I adjust my day to invest in myself first?

“Aren’t you ashamed to keep for yourself just the remnants of your life, and devote to wisdom only the time which cannot be spent on business?”

~*Seneca*





September 30th

Stoic Thought of the Day

Traveler

Many people stop before they reach their goal.

When they get to a point they feel is “good enough.”

Your goal is not to be good enough.

You are better than that. Don’t settle.

Don’t let yourself get too comfortable.

The comfort zone is a nice place to visit.

But a dangerous place to live.

Stoic Reflection of the Day

Do I let myself get stuck in a comfort zone? What do I need to do to break through?

“People act like a traveler headed for home who stops at an inn and, finding it comfortable, decides to remain there. You've lost sight of your goal, man. You were supposed to drive through the inn, not park there.”

~Epictetus





October 1st

Stoic Thought of the Day

Perceptions

Anxiety is largely under your control.

Yes, it's a natural human emotion.

But you can minimize it.

How?

Change your perception of your circumstances.

Anxiety is not being done to you.

You are doing it to yourself.

Manage your emotions.

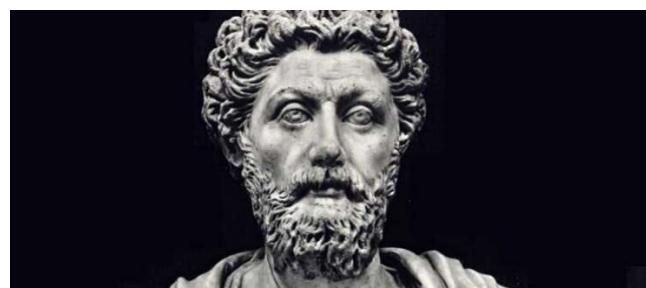
By managing your perceptions.

Stoic Reflection of the Day

Am I experiencing anxiety in my life? How can I change my perceptions of the things that are making me anxious?

“Today I escaped from anxiety. Or no, I discarded it, because it was within me, in my own perceptions--not outside.”

~Marcus Aurelius





October 2nd

Stoic Thought of the Day

Mingled

Find a happy medium between time alone.

And time with others.

Time alone allows you to reflect and recharge.

Time with others allows you to engage and give back.

Too much time on either side of the spectrum.

Will leave you unbalanced and unhappy.

Strike a balance.

Stoic Reflection of the Day

Do I spend too much, or not enough, time in solitude? How can I better strike a balance between time alone and time with others?

“The two things must be mingled and varied, solitude and joining a crowd: the one will make us long for people and the other for ourselves, and each will be a remedy for the other; solitude will cure our distaste for a crowd, and a crowd will cure our boredom with solitude.”

~*Seneca*





October 3rd

Stoic Thought of the Day

Knowledge

There are two types of knowledge.

Timely knowledge.

And Timeless knowledge.

Timely knowledge will help you today.

Timeless knowledge will help you for your entire life.

Make time for both.

Win the short game with Timely knowledge.

Win the long game with Timeless knowledge.

Stoic Reflection of the Day

What things can I learn that will help me today? What things can I learn that will help me for my entire lifetime?

“Philosophy is nothing other than knowledge about life.”

~Musonius Rufus





October 4th

Stoic Thought of the Day

Tested

When life presents you with a challenge.

Welcome it!

This is your opportunity to test your mettle.

To see what you are made of.

To practice what you have learned.

To prove to yourself that you can stand strong.

In the face of anything.

And pass the test.

Stoic Reflection of the Day

Do I shrink away from challenges? Or do I face them as opportunities to put my skills to the test?

“Welcome present circumstances and accept the things whose time has arrived. Be happy when you find that doctrines you have learned and analyzed are being tested by real events.”

~Epictetus





October 5th

Stoic Thought of the Day

Endure

No matter what life throws at you.

No matter what challenges you face.

Do not complain.

Every challenge you face.

Has been faced by countless humans across the millennia.

Like those who came before you.

You are strong enough to overcome.

You were built to endure.

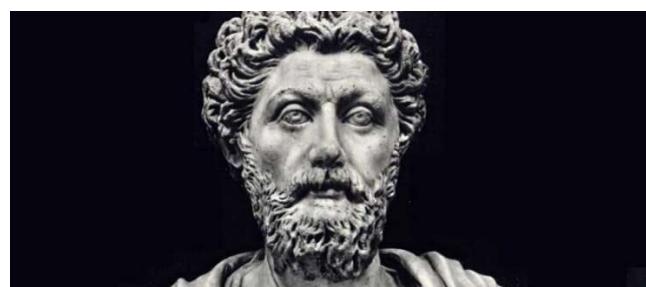
Stoic Reflection of the Day

Do I complain when I am faced with challenges? How can I more gracefully endure them like those who came before me?

“Nothing that can happen is unusual or unnatural, and there’s no sense in complaining.

Nature does not make us endure the unendurable.”

~Marcus Aurelius





October 6th

Stoic Thought of the Day

Consolation

Constraints = A limitation or restriction.

The beauty of life lies within the constraints.

With constraints, our lives are structured systems with beautiful results.

Without constraints, our lives become unpredictable, ugly chaos.

Don't complain about your constraints.

Find consolation in them.

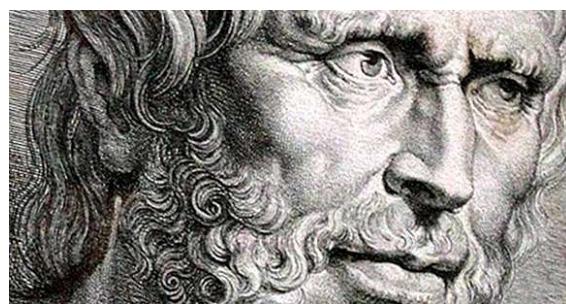
Make your constraints beautiful.

Stoic Reflection of the Day

Do I see my constraints as limitations? How can I flip the script and see them as opportunities?

“So, you have to get used to your circumstances, complain about them as little as possible, and grasp whatever advantage they have to offer: no condition is so bitter that a stable mind cannot find some consolation in it.”

~Seneca





October 7th

Stoic Thought of the Day

Control

When we desire something we don't have.

We suffer.

When we resist something we don't want.

We suffer.

The good news?

This suffering is under our control.

Instead, choose Acceptance.

When we accept life exactly as it is.

We are at peace.

Stoic Reflection of the Day

Where in my life am I suffering because of desire or aversion? Can I accept these circumstances to be more at peace?

“As long as desire and aversion are under your control, there is nothing to worry about.”

~Epictetus





October 8th

Stoic Thought of the Day

Advance

When the amateur hits an obstacle, they give up.

When the professional hits an obstacle.

They recognize it for what it is.

A beacon, guiding them.

Towards exactly what they need to do next.

When life presents you with an obstacle.

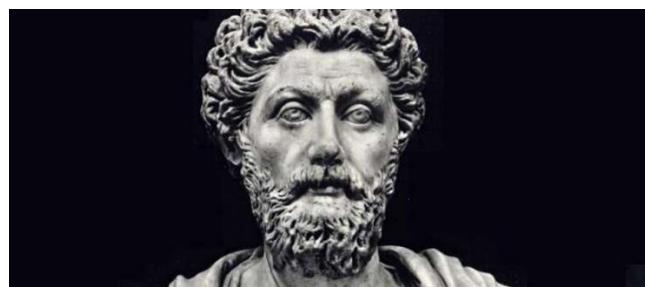
Be a professional.

Stoic Reflection of the Day

Am I an amateur who lets obstacles block my path? How can I be more of a professional who overcomes obstacles?

“The impediment to action advances action.
What stands in the way becomes the way.”

~Marcus Aurelius





October 9th

Stoic Thought of the Day

Needs

Your needs in life are simple.

Food, clothing, shelter, connection.

What about your wants?

It's wise to keep those simple too.

The more you want, the more complex your life gets.

The less you want, the simpler your life gets.

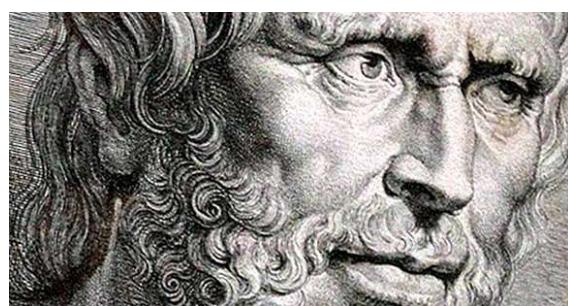
Keep it simple.

Stoic Reflection of the Day

Are my wants getting too far ahead of my needs? How can I better control my wants to simplify my life?

“The body's needs are few: it wants to be free from cold, to banish hunger and thirst with nourishment; if we long for anything more we are exerting ourselves to serve our vices, not our needs.”

~Seneca





October 10th

Stoic Thought of the Day

Virtues

Stimulus -> Response

Don't let your Response immediately follow the Stimulus.

That is where we get in trouble.

Create space between the two.

Space to choose your response.

Space to call upon your virtues.

Space for Stoicism to do its work.

Stimulus → Stoicism → Response

Stoic Reflection of the Day

Do I immediately respond to stimulus? How can I create a space after stimulus to choose a healthy response?

“You forget the virtues of character you have in reserve, just when problems that they can control present themselves, and you could use their help.”

~Epictetus





October 11th
Stoic Thought of the Day

Soul

You don't have to go on vacation to "get away from it all."

You already have all the tools you need.

To escape the stress of life.

You just have to cultivate your skills.

Practice Mindfulness

Practice Gratitude

Practice Stoicism

Leave your outward troubles behind.

By going inward.

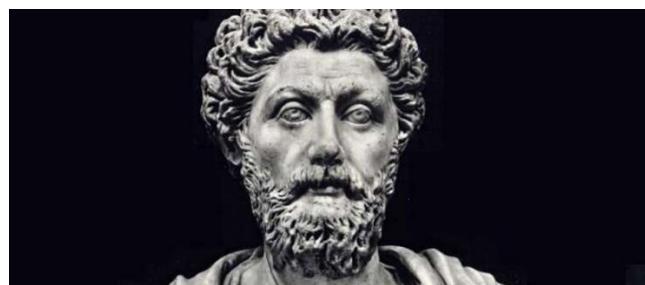
Stoic Reflection of the Day

Do I look for escape outside of myself? How can I seek refuge from the stresses of life by going inwards?

"Nowhere you can go is more peaceful—more free of interruptions—than your own soul.

Especially if you have other things to rely on. An instant's recollection and there it is: complete tranquility."

~Marcus Aurelius





October 12th

Stoic Thought of the Day

Equip

You don't wait for your house to catch on fire to buy a fire extinguisher.

You buy it in advance.

So you have it should a fire occur.

The same goes for yourself.

Don't wait for adversity to strike to prepare yourself to face it.

Equip yourself in advance to face any adversity.

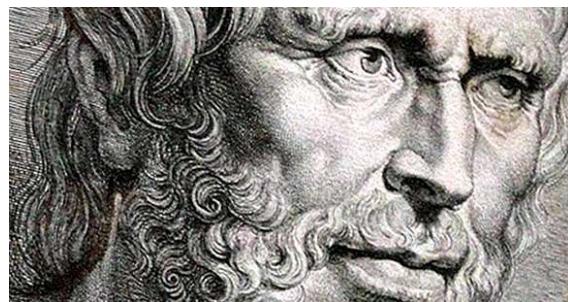
By practicing Stoicism.

Stoic Reflection of the Day

Do I wait until adversity strikes to practice the skills needed to overcome it? How can I better prepare in advance?

“It is too late for the mind to equip itself to endure dangers once they are already there.”

~Seneca





October 13th

Stoic Thought of the Day

Concern

Want to reduce your stress by 50%?

Stop worrying about things you have no control over.

The less control you have over it.

The less it should concern you.

A Stoic mantra for life...

No Control.

No Concern.

Stoic Reflection of the Day

Do I let myself get upset over things that I have little or no control over?

How can I be less concerned with things I cannot control?

“If it relates to anything which is not in our power, be ready to say, that it does not concern you.”

~Epictetus





October 14th

Stoic Thought of the Day

Attentiveness

They say ...

“Don’t sweat the small stuff.”

It’s great advice.

Marcus Aurelius said the same thing over 2,000 years ago.

Stop wasting your time on unimportant, trivial things.

Your attention is valuable.

One of the most valuable assets you have.

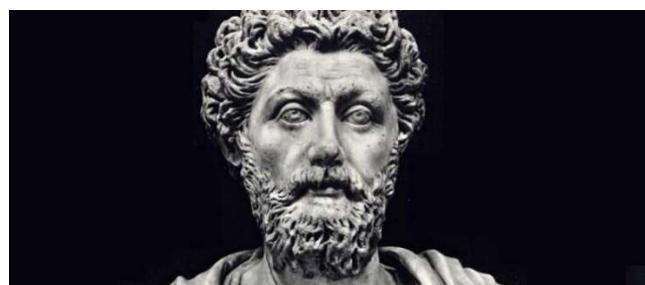
Spend it wisely.

Stoic Reflection of the Day

Am I wasting my precious time and attention on things that really don’t matter in the long run? How can I shift my attention to things more deserving of it?

“The value of attentiveness varies in proportion to its object. You’re better off not giving the small things more time than they deserve.”

~Marcus Aurelius





October 15th

Stoic Thought of the Day

Tally

The car odometer tells how many miles your car has traveled.

But it can't tell you how many miles it has left.

The same goes for your days.

You know exactly how many you have lived.

But you have no idea how many are left.

It may be fewer than you think.

Spend them wisely.

Stoic Reflection of the Day

Do I spend my days like I have an endless supply of them? How can I make better use of my limited time?

“But if each of us could have the tally of his future years set before him, as we can of our past years, how alarmed would be those who saw only a few years ahead, and how carefully they would use them.”

~*Seneca*





October 16th

Stoic Thought of the Day

Grimy

Jim Rohn tells us:

“You are the average of the five people you associate with the most.”

Be selective about who you surround yourself with.

They can lift you up to the clouds.

Or drag you down into the dirt.

You will rise or sink to their level.

Choose wisely.

Stoic Reflection of the Day

Am I surrounding myself with people who lift me up, or drag me down?
How can I upgrade my associates to have more of the former and fewer of
the latter?

“Remember if you consort with someone covered
in dirt you can hardly avoid getting a little grimy
yourself.”

~Epictetus





October 17th

Stoic Thought of the Day

Boxer

Stoicism is not something you pick up only when needed.

It is meant to be carried with you.

Always.

Ready to use at a moment's notice.

As a boxer's fists are always available to them.

To fight their opponent.

Stoicism is always available to you.

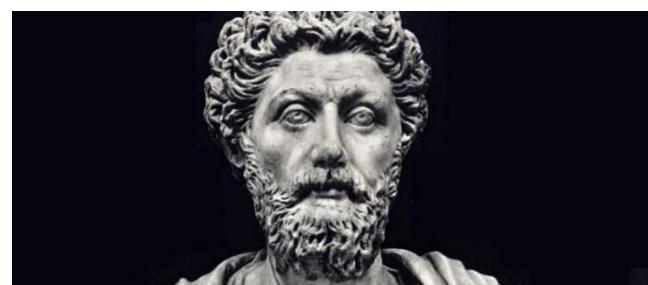
To fight your challenges.

Stoic Reflection of the Day

Do I ever get in bad situations because I left my Stoicism behind? How can I make sure I always have Stoicism by my side?

“The student as a boxer, not fencer. The fencer's weapon is picked up and put down again. the Boxer's is part of him. All he has to do is clench his fist.”

~Marcus Aurelius





October 18th

Stoic Thought of the Day

Fault

People blame external circumstances for their problems.

So, they run away.

They move, get divorced, change jobs.

Only to find the problems follow.

Because the problems lie within.

Don't be one of those people.

Do the internal work.

And watch your external world improve.

Stoic Reflection of the Day

Does my internal world suffer because of external events? What internal work can I do to improve the external world?

“And so, we must realize that our difficulty is not the fault of the places but of ourselves.”

~*Seneca*





October 19th

Stoic Thought of the Day

Circumstances

You are not a victim of circumstance.

You are a victim of your response to circumstance.

Most circumstances are not under your control.

But how you respond to them is 100% up to you.

No - You cannot control the circumstances.

Yes – You can always control your response.

Your life is a product of your responses to your circumstances.

Stoic Reflection of the Day

Do I ever feel like a victim of circumstance? How can I better control circumstances by controlling my responses?

“Circumstances don’t make the man, they only reveal him to himself.”

~Epictetus





October 20th

Stoic Thought of the Day

Wrongdoer

Don't be taken by surprise.

When people behave badly.

You might be catching them at a bad time.

Maybe they are not usually this way.

You have no idea what they may be going through.

And, if you are completely honest with yourself.

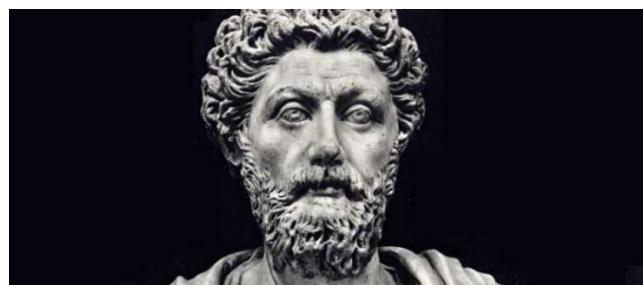
You have behaved badly too.

Stoic Reflection of the Day

Do I allow myself to be taken by surprise when people behave badly?
How can I better prepare myself for the inevitable bad behavior of other
human beings?

"When you wake up in the morning, tell yourself:
the people I deal with today will be meddling,
ungrateful, arrogant, dishonest, jealous and
surly... But I have seen the beauty of good, and
the ugliness of evil, and have recognized that the
wrongdoer has a nature related to my own."

~Marcus Aurelius





October 21st

Stoic Thought of the Day

Delights

The easiest way to stop worrying about something?

Laugh at it.

Don't take it so seriously.

Of course, some situations demand seriousness.

They are in the minority.

Most of the time laughing it off.

Is your best option.

It's hard to find danger.

In things that delight you.

Stoic Reflection of the Day

Am I too serious at times? How can I get better at finding the humor in life?

“In any situation in life you will find delights and relaxations and pleasures if you are prepared to make light of your troubles and not let them distress you.”

~*Seneca*





October 22nd

Stoic Thought of the Day

Imposed

Everything we consider to be a “chore”.

Is a gift and something for which we can be grateful.

Vacuuming - I am thankful I have a roof over my head.

Laundry - I am thankful I am clothed.

Dishes - I am thankful for the food I ate.

Don't feel resentful that you “have” to do it.

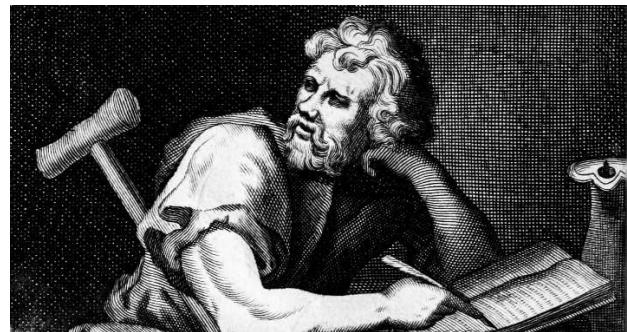
Feel blessed that you “get” to do it.

Stoic Reflection of the Day

Do I complain or feel put out by my “chores” I “have” to do? How can I feel more grateful that I “get” to do them?

“It is for you to arrange your priorities; but whatever you decide to do, don't do it resentfully, as if you were being imposed on.”

~Epictetus





October 23rd

Stoic Thought of the Day

Think

Think of your mind as an exclusive club.

Your thoughts are the club goers that want to get in.

Stoicism is the bouncer.

Who refuses to let the riff-raff in.

And turns the bad thoughts away.

It only pulls back the velvet rope

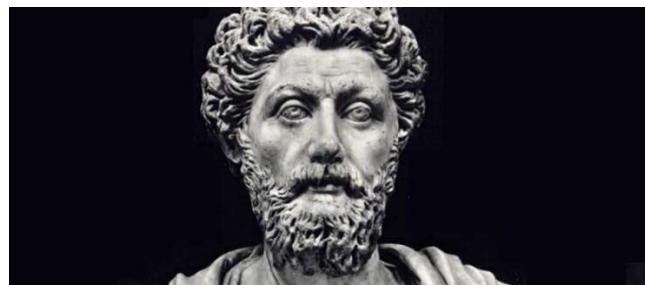
For the VIP thoughts.

Stoic Reflection of the Day

Do I let low-quality thoughts hang out in my mind? How can I keep them out and only allow high-quality thoughts in?

“The things you think about determine the quality of your mind. Your soul takes on the quality of your thoughts.”

~Marcus Aurelius





October 24th

Stoic Thought of the Day

Immediately

They say: “There is no time liked the present.”

And with good reason.

We have no idea how much “future” we have left.

But we are certain we have this moment.

If you have something that needs to be done.

The best time to do it.

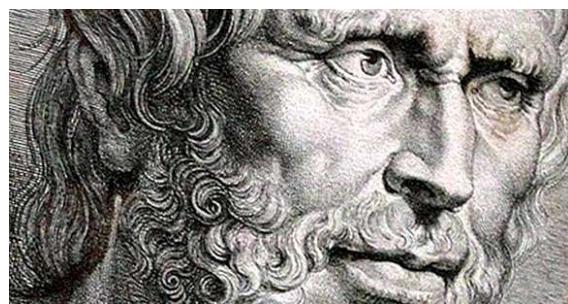
Is now.

Stoic Reflection of the Day

Do I procrastinate on important things? How can I become more proactive and start doing them now?

“The whole future lies in uncertainty; live immediately.”

~*Seneca*





October 25th

Stoic Thought of the Day

Sun

Every day the sun rises.

Shines its light on the world.

Then it sets.

Every day a Stoic rises.

Shines their light of strength, unselfishness, and goodness on the world.

Then they sleep.

And on, and on...

Stoic Reflection of the Day

Do I practice Stoicism every day? If not, how can I become more consistent?

“The sun does not wait for prayers and incantations to be induced to rise, but immediately shines and is saluted by all: so do you also not wait for clapping of hands, and shouts and praise to be induced to do good, but be a doer of good voluntarily, and you will be beloved as much as the sun.”

~Epictetus





October 26th

Stoic Thought of the Day

Welcome

When something undesirable happens to you.

You have two options.

You can complain and wish it didn't happen.

Or...

You can see it as an opportunity.

A lesson that was sent to teach you and help you grow.

Don't wish it away.

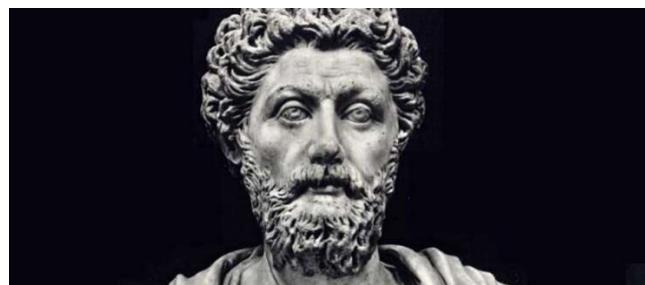
Welcome it with affection.

Stoic Reflection of the Day

Do I have a challenge I am resisting and wishing away? How can I see the opportunity in it and welcome it?

“To welcome with affection what is sent by fate.”

~Marcus Aurelius





October 27th

Stoic Thought of the Day

Tormented

Animals live in the present moment.

When they sense danger, they run.

Once they feel safe, they stop.

We can learn a lot from them.

Stop running from the past.

Stop chasing the future.

Stay free from torment.

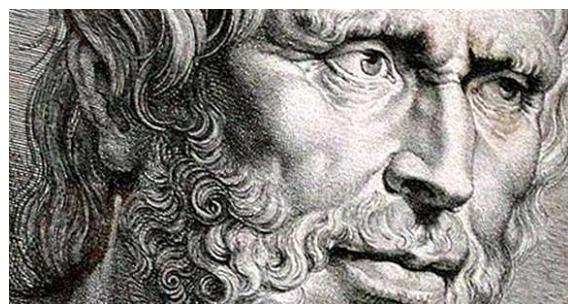
Stay in the present moment.

Stoic Reflection of the Day

Am I running from imaginary dangers from the past or future? How can I stop tormenting myself by staying grounded in the present?

“Wild animals run from the dangers they actually see, and once they have escaped them worry no more. We however are tormented alike by what is past and what is to come.”

~Seneca





October 28th

Stoic Thought of the Day

Clamor

There is a lot of “noise” out there.

A lot of people getting worked up.

Over things they have no control over.

Getting angry and upset.

Over silliness.

Over trivialities.

How should you respond?

Be the different one.

Ignore it.

Stoic Reflection of the Day

Do I get caught up in trivialities? How can I be more Stoic and rise above them?

“As a goose is not frightened by cackling nor a sheep by bleating, so let not the clamor of a senseless multitude alarm you.”

~Epictetus





October 29th

Stoic Thought of the Day

Capacity

It is not happening “to” you.

It is just happening.

Is it good or bad?

Well, that is up to you.

It's a matter of your perception.

Choose to see it as good, and it is good.

Choose to see it as bad, and it is bad.

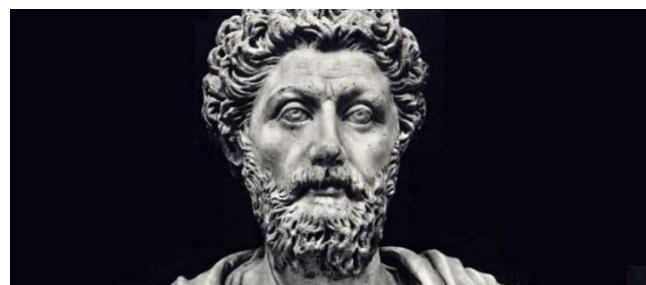
Your call.

Stoic Reflection of the Day

What events of my life to I see as “bad”? How can I change my perception and see the good in them?

“Then where is the harm to be found? In your capacity to see it. Stop doing that and everything will be fine.”

~Marcus Aurelius





October 30th

Stoic Thought of the Day

Parents

“I can’t help it.

I was raised that way.”

Is a poor excuse to justify bad behavior.

You are not a slave to your upbringing.

You can choose to be different.

You can choose your role models.

You can choose to break the cycle.

Choose wisely.

Stoic Reflection of the Day

Do I excuse bad behavior by saying I was raised that way? How can I break the cycle and change that behavior?

“We are in the habit of saying that it was not in our power to choose the parents who were allotted to us, that they were given to us by chance. But we can choose whose children we would like to be.”

~*Seneca*





October 31st

Stoic Thought of the Day

Scary

Death isn't scary.

Along with birth, it is the most natural thing that happens to us.

Instead of fearing your imminent death.

Be grateful for your present life.

Don't let the specter of death.

Rob you of the joy of being alive.

Embrace the inevitable.

Stoic Reflection of the Day

Am I afraid of death? How can I use my imminent death as a motivator to make the most of the time I have remaining?

"What is death? A scary mask. Take it off-see, it doesn't bite. Eventually, body and soul will have to separate, just as they existed separately before we were born."

~Epictetus





November 1st

Stoic Thought of the Day

Distracted

Books are an incredible source of wisdom.

They give us access to the minds of the greatest thinkers.

But they are also second-hand news.

The world as seen through the eyes of others.

Eventually, you must put the books down.

Take what they have taught you.

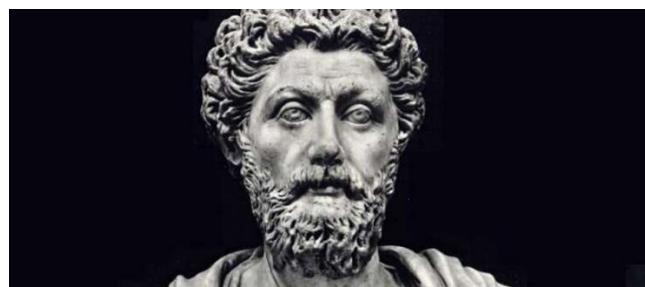
And write your own story.

Stoic Reflection of the Day

Do I rely too much on books to tell me how to live? How can I take what I have learned and start writing my own story?

“Throw away your books; stop letting yourself be distracted.”

~Marcus Aurelius





November 2nd

Stoic Thought of the Day

Time

“I don’t have enough time.”

Is one of the biggest lies we tell ourselves.

Every successful person.

Has the EXACT same amount of time each day that you have.

They just spend it more wisely.

Time is the most precious gift you have.

Don’t waste it.

Stoic Reflection of the Day

Do I ever feel like I don’t have enough time? How can I better spend my time so I can do the important things?

“It is not that we have a short time to live,
but that we waste a lot of it. Life is long
enough, and a sufficiently generous amount
has been given to us for the highest
achievements if it were all well invested.”

~*Seneca*





November 3rd

Stoic Thought of the Day

Wellbeing

The small, daily actions you take to better yourself.

May not feel like much.

And you may be tempted to skip a day...or two.

Don't give in to that temptation.

The benefits compound over time, like interest.

Your future self will cash in.

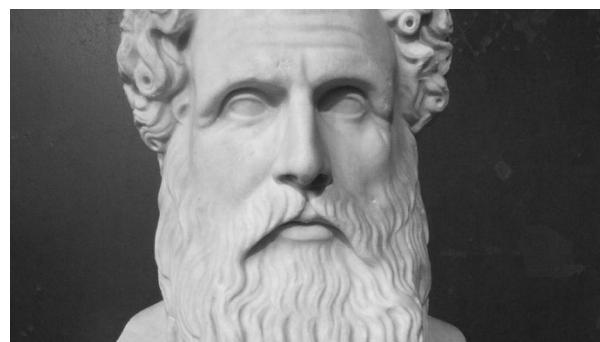
On the investments you make today.

Stoic Reflection of the Day

Am I skipping the small daily actions that will lead to success? How can I become more disciplined?

“Wellbeing is attained by little and little, and nevertheless is no little thing itself.”

~ Zeno





November 4th
Stoic Thought of the Day

Integrity

The house you own.
The car you drive.
The clothes you wear.
All nice to have, but ultimately unimportant.

What really matters?
Your character.
Your integrity.
Your actions.

These are the true measures of success.

Stoic Reflection of the Day

Do I measure my success by the external things I have accumulated?
How can I put a higher premium on the internal measure of success?

“Do you also then be not greatly proud of your food and dress and, in short, of any external things, but be proud of your integrity and good deeds.”

~Epictetus





November 5th

Stoic Thought of the Day

Within

Build your inner world to be a sanctuary.

So you no longer need a vacation to “get away from it all.”

You can take a relaxing vacation any time you like.

Free yourself from stress.

Escape the daily grind.

Find freedom.

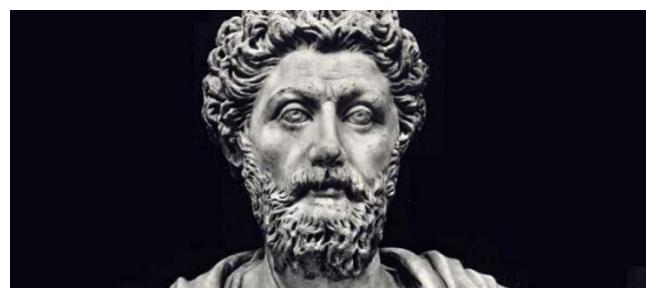
By going within.

Stoic Reflection of the Day

Do I feel I need to travel somewhere to get away from it all? How can I find that same peace by going within?

“People try to get away from it all—to the country, to the beach, to the mountains. You always wish that you could too. Which is idiotic: you can get away from it anytime you like. By going within.”

~Marcus Aurelius





November 6th

Stoic Thought of the Day

Burdensome

Give yourself a break.

Don't take yourself so seriously.

Don't take things so seriously.

Don't take life so seriously.

Don't make things more burdensome than they need to be.

Lighten your load.

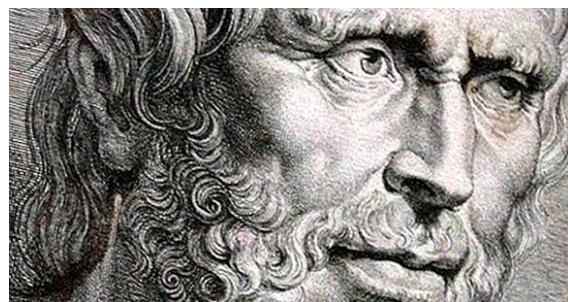
Laugh it off.

Stoic Reflection of the Day

Do I make things harder than they need to be by taking them too seriously? How can I lighten my load by laughing more things off?

“Nothing is burdensome if taken lightly, and nothing need arouse one's irritation so long as one doesn't make it bigger than it is by getting irritated.”

~Seneca





November 7th

Stoic Thought of the Day

Disturbed

Our life is not determined by our circumstances.

It is determined by how we choose to respond to them.

Circumstances are neutral.

We give them meaning with how we perceive them.

Change your perceptions.

Change your responses.

Change your life.

Stoic Reflection of the Day

Do I allow external circumstances to upset me? How can I change my perception of them to lessen the blow?

“Men are not disturbed by the things that happen, but by the opinion about those things.”

~Epictetus





November 8th

Stoic Thought of the Day

Progress

Perfectionism is just a dressed-up form of procrastination.

If you wait until the time is perfect.

And you are 100% ready.

It will never get done.

Decide what needs to be done.

Gather the minimal amount of information needed.

And go.

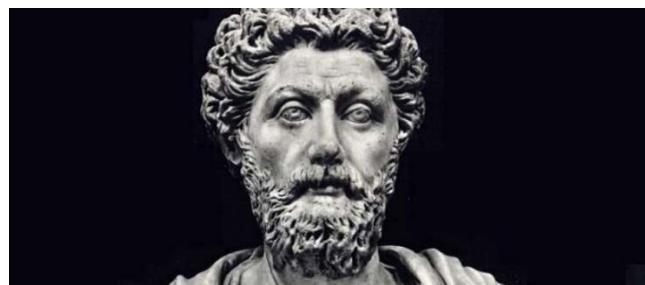
Progress, not perfection.

Stoic Reflection of the Day

Do I wait for things to be perfect until I start? How can I learn to be satisfied with incremental progress?

“Do what nature demands. Get a move on--if you have it in you--and don't worry whether anyone will give you credit for it. And don't go expecting Plato's republic; be satisfied with even the smallest progress.”

~Marcus Aurelius





November 9th

Stoic Thought of the Day

Riches

The most valuable things in life.

Are 100% free.

Kindness, Objectivity, Awareness, Tranquility, Strength.

We don't have to count on fate, fortune, or luck to deliver them to us.

They are ours for the taking.

We simply have to claim them.

Stoic Reflection of the Day

Do I seek riches from outside myself? How can I better tap into the riches I already hold?

“Aim to acquire riches from ourselves rather than from fortune.”

~*Seneca*





November 10th

Stoic Thought of the Day

Plan

The best way to gain control of any situation?

Accept it.

The best way to be at peace with any situation?

Accept it.

Acceptance doesn't mean you cannot Act to change a situation.

But Accept your present situation first.

Exactly as it is.

Then Act.

Stoic Reflection of the Day

Do I resist, fight, and blame the bad situations in my life? Or do I accept and try to influence them to the best of my ability?

“If you want, you are free; if you want you will blame no one, you will accuse no one - if you want, everything will happen according to plan.”

~Epictetus





November 11th

Stoic Thought of the Day

Interwoven

Everything you interact with today.

Every person, creature, thing, event.

It's all part of a deeply intricate and holy web.

It is all interconnected.

Every action you take today will cause a million reactions.

Act thoughtfully.

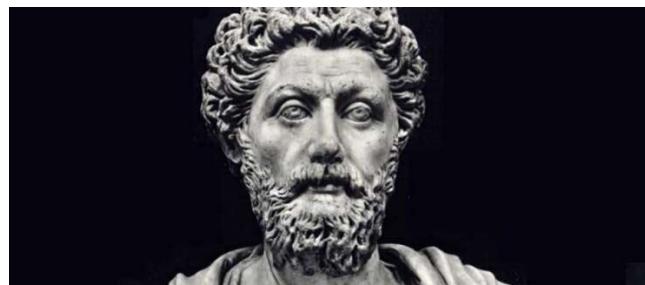
Take beautiful actions to cause beautiful reactions.

Stoic Reflection of the Day

Am I mindful of the reactions caused by my actions? How can I take better reactions to cause better reactions?

“Everything is interwoven, and the web is holy.”

~Marcus Aurelius





November 12th

Stoic Thought of the Day

Necessary

Of all the negative emotions we experience.

Worry is the most pointless.

Getting upset about a future that will most likely never come to pass.

Is a complete waste of time.

It accomplishes nothing.

It is unnecessary.

Instead of worrying about the future.

Prepare for it.

Stoic Reflection of the Day

What are the things I worry about? How can I better prepare myself, so I no longer need to worry about them?

“A man who suffers before it is necessary, suffers more than is necessary.”

~Seneca





November 13th

Stoic Thought of the Day

Hospital

Practicing Stoicism should be a little painful.

It forces us to ask ourselves the “tough questions”.

And if we are honest with ourselves.

We may not always like the answers.

But the pain leads to progress.

Keep visiting the hospital of Stoicism to get your treatments.

Stoic Reflection of the Day

Am I willing to ask myself the tough questions? Do I give honest answers to them?

“Friends, the school of a philosopher is a hospital. When you leave, you should have suffered, not enjoyed yourself.”

~Epictetus





November 14th

Stoic Thought of the Day

Behavior

When faced with the bad behavior of others.

The easy choice is to get offended.

The hard choice?

To be honest with yourself.

To look in the mirror and admit you have acted the same exact way
before.

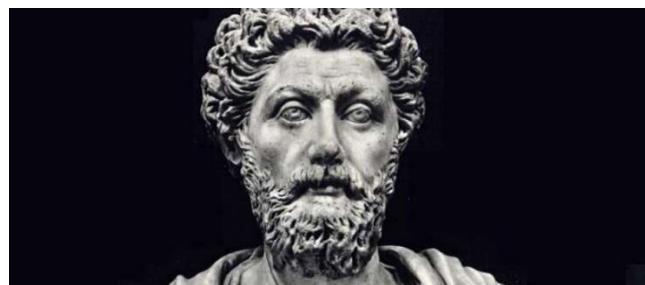
And to show patience and compassion.

Stoic Reflection of the Day

Do I look down on people when they behave badly? How can I be more patient and compassionate with them?

“When faced with people's bad behavior, turn around and ask when you have acted like that.”

~Marcus Aurelius





November 15th

Stoic Thought of the Day

Philosopher

Let the others chase their tails.

Getting upset over silly things they cannot control.

But you?

You can choose to be the different one.

The one who lives an examined life.

The one whose boundaries span across the ages.

You can choose to be a Philosopher.

Stoic Reflection of the Day

Do I allow myself to get caught up in the silly trivialities of day-to-day life? How can I go deeper and live an examined life?

“So, the life of the philosopher extends widely; he is not confined by the same boundaries as others.”

~Seneca





November 16th

Stoic Thought of the Day

Masses

Be the one that stands out from the crowd.

Instead of talking, listen.

Instead of watching, read.

Instead of resisting, accept.

Instead of being ambivalent, help.

Instead of getting “triggered”, be calm.

Instead of being led by your emotions...

Be a Stoic.

Stoic Reflection of the Day

Am I tempted to follow the masses? How can I better set my own standards?

“When you engage in the same things as the masses, you lower yourself to their level.”

~Epictetus





November 17th

Stoic Thought of the Day

Help

If you need help.

Ask for it.

Don't let your pride stand in the way.

Asking for help is one of the most generous things you can do.

You benefit by getting the help you need.

The other person benefits because good people like to help.

You both benefit from a stronger relationship.

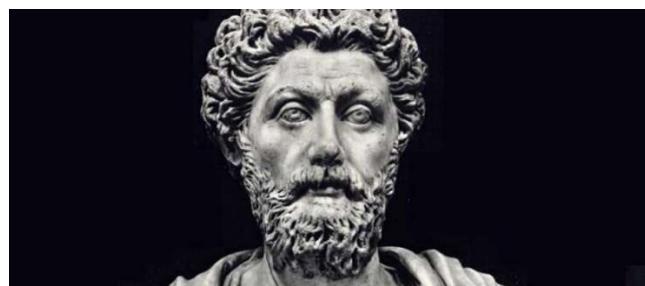
Everyone wins.

Stoic Reflection of the Day

Do I let me pride stop me from asking for help? How can I get over myself and ask for help when I need it?

“Don't be ashamed to need help. Like a soldier storming a wall, you have a mission to accomplish. And if you've been wounded and you need a comrade to pull you up? So what?”

~Marcus Aurelius





November 18th

Stoic Thought of the Day

Wish

You cannot have everything you want.

But you can want everything you have.

Every last little bit of it.

Be grateful for what you have.

Accept everything fate has sent your way.

Stop desiring.

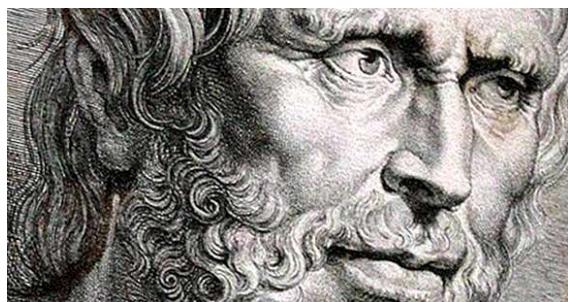
Start appreciating.

Stoic Reflection of the Day

Am I grateful for everything I have, both good and bad? How can I learn to want everything I have?

“It is in no man's power to have whatever he wants; but he has it in his power not to wish for what he hasn't got, and cheerfully make the most of the things that do come his way.”

~Seneca





November 19th

Stoic Thought of the Day

Resist

You don't have to give in to every urge you feel.

You do have a choice.

You can choose to see an urge for what it is.

A fleeting feeling.

And choose to let it pass.

Be the master of your desires.

Not a slave to them.

Stoic Reflection of the Day

Am I a slave to urges? Or am I able to objectively watch them and let them pass?

“It is the part of a wise man to resist pleasures, but of a foolish man to be a slave to them.”

~Epictetus





November 20th

Stoic Thought of the Day

Walking

In the end, it is nearly impossible to change others.

And why bother?

They are walking the path they have chosen.

If they are not harming anyone.

Let them walk their path in peace.

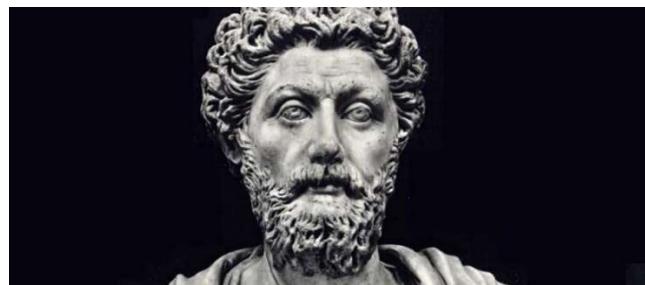
Be a friendly and kind traveler on the road you share.

Stoic Reflection of the Day

Do I waste my time trying to change others? How can I learn to accept them as they are?

“The others obey their own lead, follow their own impulses. Don't be distracted. Keep walking. Follow your own nature, and follow Nature-- along the road they share.”

~Marcus Aurelius





November 21st

Stoic Thought of the Day

Life

Some of the best tales.

Are the shortest ones.

Some of the best lives.

Are the briefest ones.

Don't measure your life by days.

Instead, measure it by deeds.

Create a beautiful life through beautiful deeds.

Stoic Reflection of the Day

Do I perform a good deed every day? How can I increase my good deeds to increase the quality of my life?

“As is a tale, so is life: not how long it is, but how good it is, is what matters.”

~*Seneca*





November 22nd

Stoic Thought of the Day

Master

If you desire something external.

You are at the mercy of whomever controls your desire.

Want a raise?

You are at the mercy of your employer.

Want someone to love you?

You are at the mercy of the object of your affection.

But if you desire what is internal:

Integrity, Tranquility, Unselfishness, Peace.

You only have one person to answer to.

Yoursself.

Stoic Reflection of the Day

Am I at the mercy of others because of my desires? How can shift me desires to internals that I am master of?

“If you hanker after externals you are going to be twirled round and round at the will of your master. "Who's my 'master'?" Whomever controls what you desire or dislike.”

~Epictetus





November 23rd

Stoic Thought of the Day

Present

There are two days of the week you should never worry about.

Yesterday and Tomorrow.

Both are out of your control.

Yesterday is over.

Tomorrow never comes.

Focus on the only day that matters.

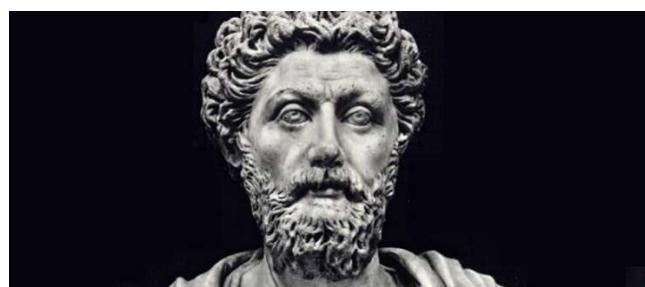
Today.

Stoic Reflection of the Day

Do I spend too much time in the past and future? How can I anchor myself to the present moment?

“Stop being jerked like a puppet. Limit yourself to the present.”

~Marcus Aurelius





November 24th

Stoic Thought of the Day

Associate

There are two groups of people you should associate with.

Those you can learn from.

And those you can teach.

Both groups are equally valuable and rewarding.

Learning helps us to teach.

Teaching helps us to learn.

Stoic Reflection of the Day

Am I surrounding myself with people I can learn from? Am I teaching what I have learned?

“Associate with people who are likely to improve you. Welcome those whom you are capable of improving. The process is a mutual one: men learn as they teach.”

~Seneca





November 25th

Stoic Thought of the Day

Coerced

It is possible to be completely at peace with life.

To happily walk along the path that fate has laid before you.

To be free.

Sound impossible?

It's not.

The key to this freedom?

Acceptance.

Stoic Reflection of the Day

Am I feeling coerced or compelled by something because of resistance?

Would the situation improve if I practiced acceptance?

“Free is the person who lives as he wishes and cannot be coerced, impeded or compelled, whose impulses cannot be thwarted, who always gets what he desires and never has to experience what he would rather avoid.”

~Epictetus





November 26th

Stoic Thought of the Day

Harmed

There is only one place we can truly be harmed.

The good news?

It is a place that we have control over.

Our own minds.

The only reason you feel harmed is because you chose to.

The good news?

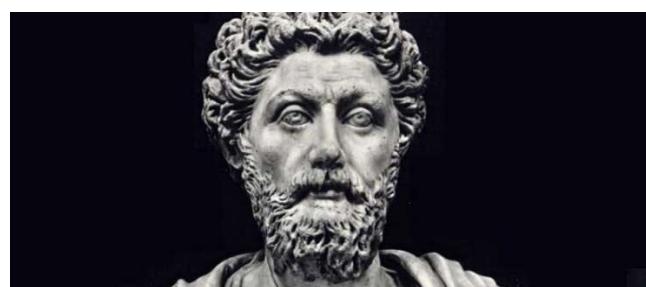
You can make a different choice.

It's up to you.

Stoic Reflection of the Day

“Choose not to be harmed--and you won't feel harmed. Don't feel harmed--and you haven't been.”

~Marcus Aurelius





November 27th

Stoic Thought of the Day

Measure

You can identify anyone you admire.

Near, far, a contemporary, or a historical figure.

And use them as a mentor.

Someone to help you set your standards.

And to measure your progress against.

Upgrade your mentors.

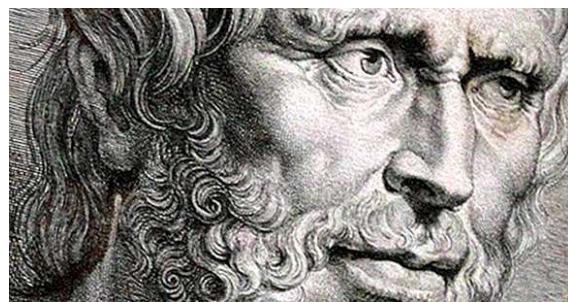
Upgrade your life.

Stoic Reflection of the Day

Who are the mentors I measure myself against? How can I upgrade my mentors to upgrade my life?

“There is a need, in my view, for someone as a standard against which our characters can measure themselves. Without a ruler to do it against you won't make the crooked straight.”

~Seneca





November 28th

Stoic Thought of the Day

Conditions

The amateur resists what fate sends their way.

They fight their circumstances and are miserable.

The professional accepts their present conditions.

And goes through life peacefully.

Be a professional at life.

Practice Acceptance.

Stoic Reflection of the Day

Is there a current situation that I am resisting? Can I use this as an opportunity to practice Acceptance?

“Whoever chafes at the conditions dealt by fate is unskilled in the art of life; whoever bears with them nobly and makes wise use of the results is a man who deserves to be considered good.”

~Epictetus





November 29th

Stoic Thought of the Day

Occupation

The most important thing you can do today?

Help someone else.

The most important act you can perform today?

An unselfish one.

Never let the opportunity to help someone pass you by.

Why?

It's your job.

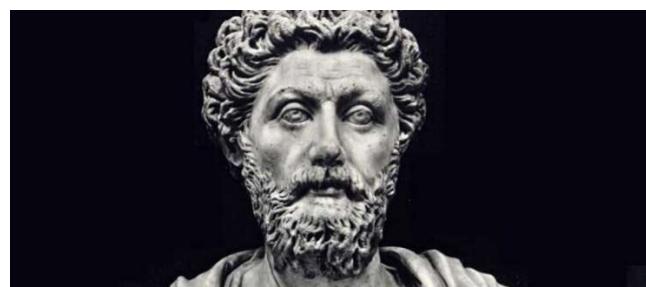
Go do your job.

Stoic Reflection of the Day

Do I focus on helping others? How can I do my job of caring for others better?

“In a sense, people are our proper occupation.”

~Marcus Aurelius





November 30th

Stoic Thought of the Day

Day

A great life is nothing more than a collection of great days.

Make each day great by treating it like a mini life.

Waking = Birth

Morning = Youth

Workday = Career

Evening = Retirement

Sleeping = Death

Make each part of your mini-life great.

You will have a great day.

Stoic Reflection of the Day

Do I just let my days just pass by and blend into one another? How can I treat each and every day like the unique gift it is?

“But the man who spends all his time on his own needs, who organizes every day as though it were his last, neither longs for nor fears the next day.”

~*Seneca*





December 1st

Stoic Thought of the Day

Accordance

Something bad happens.

What can you do?

Do what you can.

And accept the rest.

Sometimes the answer is no.

Sometimes it's your turn to lose.

Sometimes you are on the wrong side of luck.

The best thing you can do with a bad situation.

Is make the best of it.

Stoic Reflection of the Day

Do I pout, get angry, or feel sorry for myself when things go wrong? How can I better learn to accept these situations and move on?

“What should we do then? Make the best use of what is in our power, and treat the rest in accordance with its nature.”

~Epictetus





December 2nd

Stoic Thought of the Day

Hearing

One of the kindest things we can do.

Is to listen.

One of the most generous things we can do.

Is to listen.

One of the most productive things we can do.

Is to listen.

How can you become a better listener?

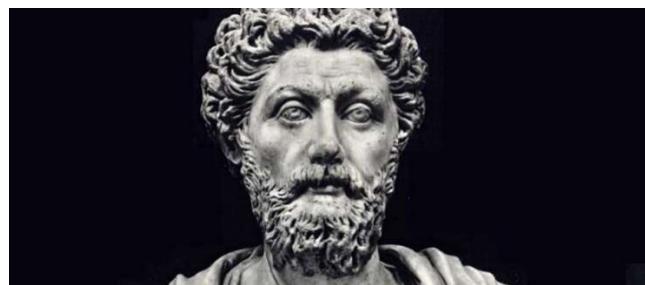
Practice.

Stoic Reflection of the Day

Am I guilty of talking over people or not paying attention to what they say? How can I become a better listener?

“Practice really hearing what people say. Do your best to get inside their minds.”

~Marcus Aurelius





December 3rd

Stoic Thought of the Day

Journey

No matter where you travel.

No matter where life leads you.

You are always at home.

Provided you build a strong inner citadel.

That you can take with you wherever you go.

Build this citadel with the bricks of:

Objectivity, Unselfishness, Acceptance

And you will feel at home anywhere you are on your journey.

Stoic Reflection of the Day

If I was somehow teleported from where I am and dropped anywhere else on the face of the earth. Would I still feel at home?

“So, eager and upright, let us hasten with bold steps wherever circumstances take us, and let us journey through any countries whatever. From whatever point on earth's surface you look up to heaven the same distance lies between the realms of gods and men.”

~Seneca





December 4th

Stoic Thought of the Day

Unsaid

Try this exercise.

Before you speak, ask yourself:

“Does this really need to be said?”

-Is it kind?

-Is it useful?

-Is it honest?

If the answer isn’t a definite “Yes!” to all three.

Then remain silent.

Stoic Reflection of the Day

Are there times I speak where I am better off remaining silent? How can I choose silence in those moments?

“I begin to speak only when I’m certain what I’ll say isn’t better left unsaid.”

~ *Cato*





December 5th

Stoic Thought of the Day

Winner

It's better to be a fan.

Than a competitor.

If you see yourself as a competitor, and lose.

You lose twice.

You don't get the satisfaction of winning.

And you don't get the joy of seeing someone else win.

But if you see yourself as a fan.

You always win.

Stoic Reflection of the Day

Do I see other people as my competitors and feel jealousy when they succeed? How can I see myself as their fan and feel happy for their success?

“So who should I hope wins? The winner. That way the victory is always exactly what I hoped for.”

~Epictetus





December 6th

Stoic Thought of the Day

Oblivion

Everything that you value.

Everything that is important to you.

Is temporary.

And will fade into oblivion.

But don't let that frighten you.

Let it inspire you.

To make the most of this brief journey.

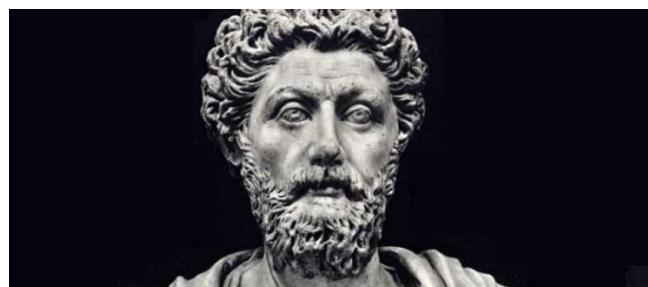
That you are privileged to be on.

Stoic Reflection of the Day

Do I realize just how short my time here is? Am I making the most of the brief time I have?

“The body and its parts are a river, the soul is a dream and mist, life is warfare and a journey far from home, lasting reputation is oblivion.”

~Marcus Aurelius





December 7th

Stoic Thought of the Day

Essential

The least important things in life.

Are the hardest to come by.

Possessions, recognition, status.

While the most important things in life.

Are always within our grasp.

Integrity, Unselfishness, Kindness.

Stop chasing after luxuries.

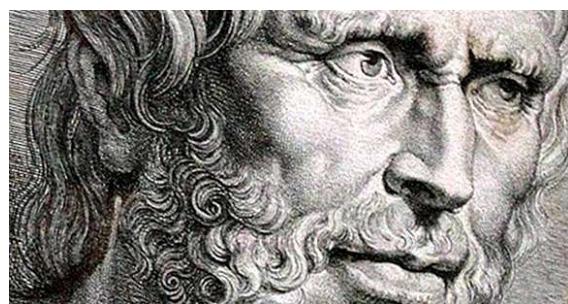
Focus on the essentials.

Stoic Reflection of the Day

Am I spending too much time and energy on the treadmill, in the rat race? How much of my time is spent chasing externals vs. focusing on my inner development?

“The things that are essential are acquired with little bother; it is the luxuries that call for toil and effort.”

~*Seneca*





December 8th

Stoic Thought of the Day

Temptation

The satisfaction of resisting temptation.

Is much greater than the pleasure of succumbing to it.

Resisting is painful in the moment.

But pleasant in the long term.

Succumbing is pleasant in the moment.

But painful in the long term.

Stoic Reflection of the Day

Do I too easily give into temptation for short term pleasure? How can I strengthen my resistance for long term satisfaction?

“Counter temptation by remembering how much better will be the knowledge that you resisted.”

~Epictetus





December 9th

Stoic Thought of the Day

Stink

Make it painfully obvious to everyone around you.

That they are in the presence.

Of a high-quality person.

Stink of Unselfishness

Stink of Kindness

Stink of Integrity

Stink of Honesty

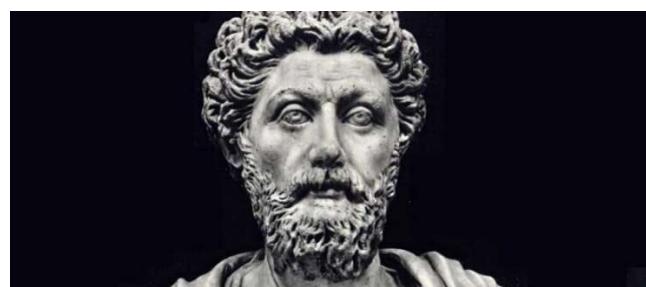
Stink of Stoicism

Stoic Reflection of the Day

Is it easy for people to identify me as a Stoic? How can I make it painfully obvious through my actions?

“A straightforward, honest person should be like someone who stinks: when you're in the same room with him, you know it.”

~Marcus Aurelius





December 10th

Stoic Thought of the Day

Fretting

Life is challenging enough.

It's even more challenging when we worry about an imagined future.

That will most likely never come to be.

Don't make things harder than they need to be.

Take life as it comes.

Stay in the moment.

Don't fret.

Stoic Reflection of the Day

Do I make things worse by worrying about the future? Or am I able to stay in the present moment?

“So do not go out of your way to make your troubles any more tiresome than they are and burden yourself with fretting.”

~*Seneca*





December 11th

Stoic Thought of the Day

Regularly

The formula for a happy life is simple.

Do more of what makes you happy.

And do less of what makes you unhappy.

Don't overcomplicate it.

If you like it.

If it makes you happy.

Make time for it.

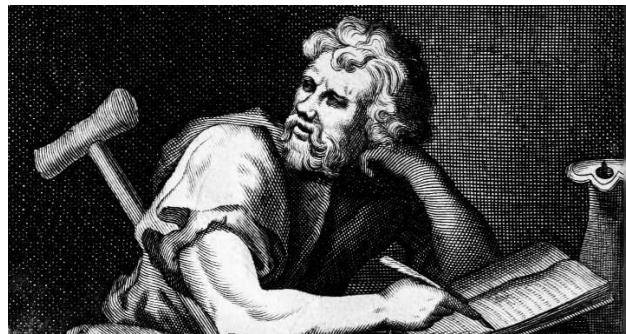
Do it regularly.

Stoic Reflection of the Day

Do I regularly do the things that make me happy? How can I make more time to do the things that I love to do?

“So if you like doing something, do it regularly; if you don't like doing something, make a habit of doing something different.”

~Epictetus





December 12th

Stoic Thought of the Day

Opinion

Stop knocking yourself out.

Worrying about the opinions of others.

You have zero control over what they think anyways.

Enjoy the peace and tranquility.

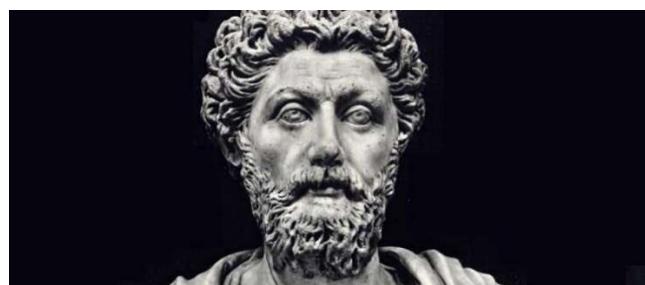
That comes from following your own lead.

Stoic Reflection of the Day

Do I worry too much about the opinions of others? How can I better follow my own lead?

“It never ceases to amaze me: we all love ourselves more than other people but care more about their opinion than our own.”

~Marcus Aurelius





December 13th

Stoic Thought of the Day

Intercept

The early morning before the sun rises.

Is a sacred time.

A time to invest in yourself.

In the dark. In solitude.

No interruptions. Complete focus.

Exercise, meditate, read, reflect.

Don't let the first rays of daylight catch you in bed.

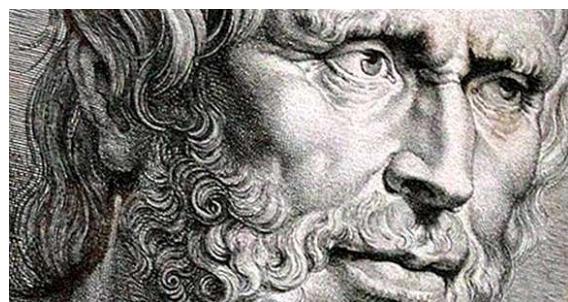
Be awake to greet the sun as it rises.

Stoic Reflection of the Day

Do I take advantage of early morning hours to invest in myself? How can we wake earlier to leverage that precious time?

“More active and commendable still is the person who is waiting for the daylight and intercepts the first rays of the sun.”

~Seneca





December 14th

Stoic Thought of the Day

Patient

Anything worth having requires hard work and perseverance.

Show up.

Day after day.

Put in the work.

And wait.

If you want to be successful.

Be proactive.

And...

Be patient.

Stoic Reflection of the Day

Do I get frustrated with my lack of progress? How can I be more patient with the process?

“Nothing important comes into being overnight; even grapes and figs need time to ripen. If you say that you want a fig now, I will tell you to be patient.”

~Epictetus





December 15th

Stoic Thought of the Day

Judges

The people you are afraid of being judged by?

They are afraid of being judged by somebody else.

And so on, and so on...

Opt-out of that dance.

Live your life the way you see fit.

Stop looking at yourself.

Through other people's eyes.

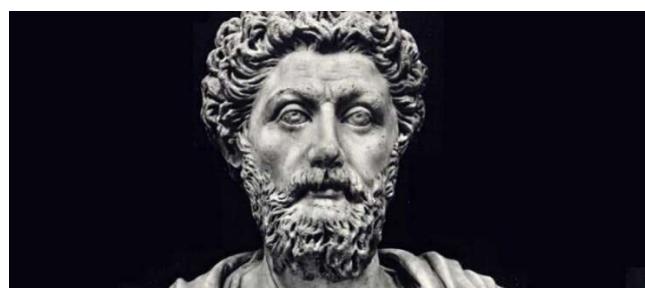
Be your own judge.

Stoic Reflection of the Day

Do I worry about what other people think of me? How can I stop judging myself based on the opinions of others and be my own judge?

“Enter their minds, and you'll find the judges you're so afraid of--and how judiciously they judge themselves.”

~Marcus Aurelius





December 16th

Stoic Thought of the Day

Collapse

When things are going bad.

It is helpful to remember:

“This too shall pass.”

It is also a great reminder.

For when things are going well.

“This too shall pass.”

Good times, Bad times.

They ebb and flow.

Go with the flow.

Stoic Reflection of the Day

Am I prepared for things to change when they are going well? Or will I be caught off guard?

“But the man who is not puffed up in good times does not collapse either when they change.”

~Seneca





December 17th

Stoic Thought of the Day

Power

Imagine if you stopped seeing them as setbacks.

And started seeing them as challenges.

Just think how powerful you could be.

If you dug down and brought out your best.

Instead of giving up.

It's within your power.

All you must do.

Is change your mindset.

Stoic Reflection of the Day

Do I give up when I face a setback? Or do I step up to the challenge, bring out my best, and push through?

“Faced with pain, you will discover the power of endurance. If you are insulted, you will discover patience. In time, you will grow to be confident that there is not a single impression that you will not have the moral means to tolerate.”

~Epictetus





December 18th

Stoic Thought of the Day

Fleeing

The things you are chasing aren't running from you.

The things you are running from aren't chasing you.

You are the one doing all the running and chasing.

And just tiring yourself out.

Stop.

Stand still.

And accept things.

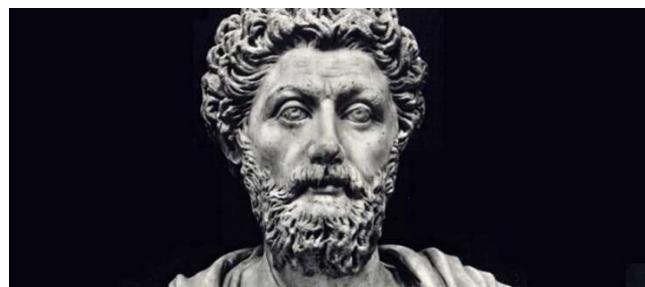
Just as they are.

Stoic Reflection of the Day

Am I chasing and running from things? How can I better practice acceptance?

“It's the pursuit of these things, and your attempts to avoid them, that leave your mind in such turmoil. And yet they aren't seeking you out; you are the one seeking them. Suspend judgment about them. And at once they will lie still, and you will be freed from fleeing and pursuing.”

~*Marcus Aurelius*





December 19th

Stoic Thought of the Day

Property

Everything that you "own".

You are only borrowing for a short period of time.

Your car.

Your home.

Your clothes.

Treat them well and take good care of them.

Leave them in good condition.

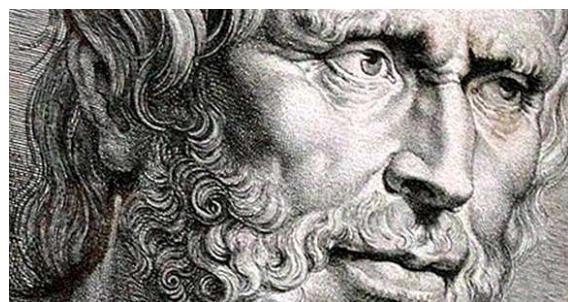
For the next borrower.

Stoic Reflection of the Day

Do I cling on to my possessions as if I own them? Or do I realize I am just borrowing them?

“Well, what you possess and call your own is really public property, or mankind's property for that matter.”

~Seneca





December 20th

Stoic Thought of the Day

Oneself

There is one person who is always available to you...

Available to help.

Available to take care of you.

Available when you need a friend.

Available to pick you up when you have fallen.

Who is this wonderful person?

You.

Stoic Reflection of the Day

Do I seek from others what I can get from myself? How can I become more self-sufficient?

“For it is indeed pointless and foolish to seek to get from another what one can get from oneself.”

~Epictetus





December 21st

Stoic Thought of the Day

Complaining

“Why did this happen to me?”

Well...

Because you are human.

And subject to the things that happen to humans.

But remember...

Whatever you are facing.

Has been overcome by countless people before you.

Stop Complaining.

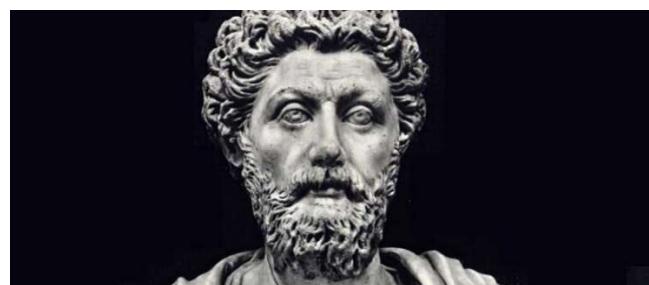
Start Accepting.

Stoic Reflection of the Day

Do I complain about things that everyone has to deal with? How can I better accept them as part of the human condition?

“Nothing that can happen is unusual or unnatural, and there's no sense in complaining.”

~Marcus Aurelius





December 22nd

Stoic Thought of the Day

Dependence

The more you depend on the future to deliver happiness.

The less happy you will be.

For tomorrow never comes.

But it is always today.

Be grateful for what you have today.

And you will always have enough.

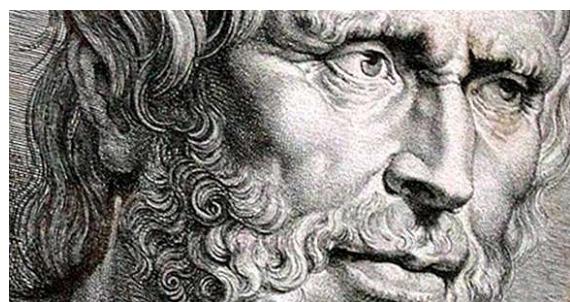
You will always be happy with what you have.

Stoic Reflection of the Day

Am I postponing my happiness waiting for some future event? How can I better appreciate the present moment?

“True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have.”

~Seneca





December 23rd

Stoic Thought of the Day

Nature

No amount of wishing, wanting, and hoping.

Will change your current circumstance.

It is, as they say, what it is.

Your best bet is to accept it.

Or better yet.

Love it.

It couldn't have possibly happened any other way.

Because it happened the way it did.

Amor Fati!

Stoic Reflection of the Day

Do I ever wish things were different than how they currently are? How can I adopt a mindset of accepting my life exactly as it is?

“Such was, and is, and will be the nature of the universe, and it isn’t possible that things should come into being in any other way than they do at present.”

~Epictetus





December 24th

Stoic Thought of the Day

Difficulties

If you are going through a difficult time.

Take comfort in the fact that you are growing stronger.

You are right in the middle of an opportunity.

An opportunity to overcome this challenge.

Just like a challenging workout strengthens your body.

Challenging times strengthen your mind.

Stoic Reflection of the Day

Am I leveraging my difficulties as opportunities for growth? How can I make the most of my challenges?

“Difficulties strengthen the mind, as labor does the body.”

~*Seneca*





December 25th

Stoic Thought of the Day

Present

The sweetest present you can give yourself.

Is the present moment.

To allow yourself to be fully aware.

To be present and accounted for.

Not in the past.

Not in the future.

Here, in the Now.

Where you are surrounded by miracles.

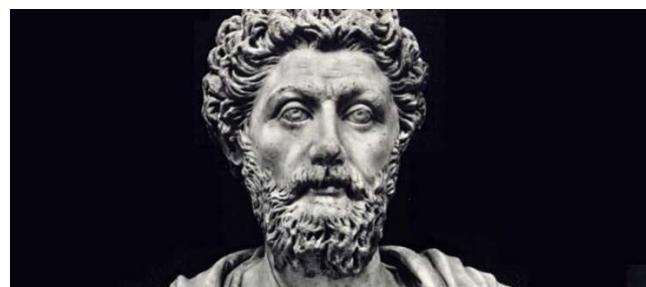
Enjoy!

Stoic Reflection of the Day

Where is my mind right at this moment? Can I give myself the gift of the present moment?

“Give yourself a gift: the present moment.”

~Marcus Aurelius





December 26th

Stoic Thought of the Day

Resistance

The level of your suffering.

Is directly proportional.

To the level of your resistance.

Reduce your suffering.

By reducing your resistance.

The cure to resistance.

And the path to peace.

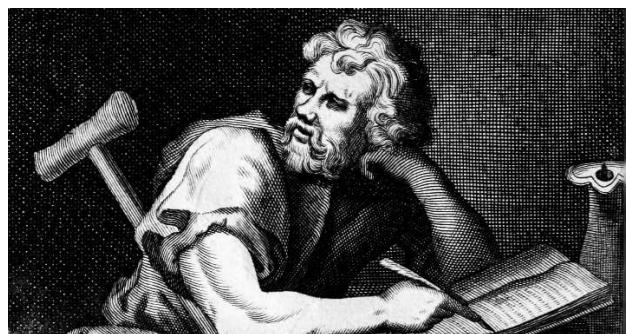
Is through acceptance.

Stoic Reflection of the Day

Is there something I am resisting that is causing me to suffer? How can I practice acceptance in this situation to reduce my suffering?

“Resistance is vain in any case; it only leads to useless struggle while inviting grief and sorrow.”

~Epictetus





December 27th

Stoic Thought of the Day

Expectancy

The longer you wait to do it.

The less likely it is to get done.

The future holds too many variables and too little control.

Instead of expecting it to get done later.

And putting it in Fortune's hands.

Do it at the time it is most likely to get done.

Now.

Stoic Reflection of the Day

Am I putting things in Fortune's hands by putting them off? What is important enough in my life that I need to do it right now?

“The greatest obstacle to living is expectancy, which hangs upon tomorrow, and loses today. You are arranging what lies in Fortune's control and abandoning what lies in yours.”

~Seneca





December 28th

Stoic Thought of the Day

Approval

If you could peer into the minds of those you admire.
You would find their internal landscape isn't much different from yours.

They are too hard on themselves.

They seek the approval of others.

They get angry at themselves.

Keep this in mind.

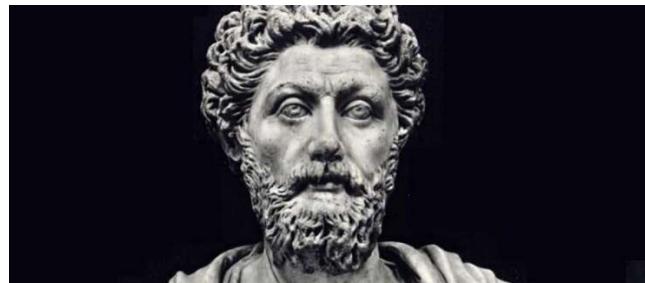
When you make assumptions about how great their lives are.

Stoic Reflection of the Day

Do I seek the approval of others? Or am I satisfied living by my own standards?

“You want praise from people who kick themselves every fifteen minutes, the approval of people who despise themselves.”

~Marcus Aurelius





December 29th

Stoic Thought of the Day

Mission

Once you have decided upon your course of action.

Stick to your mission.

Don't let others dissuade you.

Or knock you off course.

Whose mission is this anyways?

It's yours.

You have a mission to complete.

Go complete your mission.

Stoic Reflection of the Day

Do I allow others to dissuade me from pursuing my course of action?

How can I better stick to my mission?

“Whatever your mission, stick by it as if it were a law and you would be committing sacrilege to betray it. Pay no attention to whatever people might say; this no longer should influence you.”

~Epictetus





December 30th

Stoic Thought of the Day

Endure

When we face a challenge.

There is a natural tendency.

To let others know how bad we have it.

To complain, to gripe, to grumble.

Don't do it.

Endure this challenge with dignity.

Endure this challenge with grace.

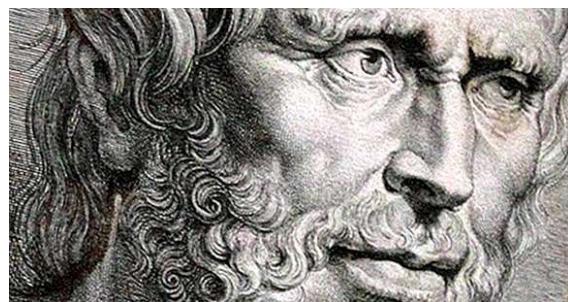
Endure this challenge like a Stoic.

Stoic Reflection of the Day

Do I complain about my challenges? How can I face them with more dignity?

“It is not what you endure that matters, but how you endure it.”

~Seneca





December 31st

Stoic Thought of the Day

Grace

Every beginning has an end.

As this year draws to a close.

Take time to reflect and plan.

Reflect on the gifts this year gave you.

Plan on how you will make the most of the next.

Exit this year with grace.

Enter the next with strength.

Stoic Reflection of the Day

What am I most grateful for from this year? Do I have a plan to make my upcoming year successful?

"You've lived as a citizen in a great city. And to be sent away from it, not by a tyrant or a dishonest judge, but by Nature, who invited you in--why is that so terrible.

The length fixed by the power that directed your creation now directs your dissolution. Neither was yours to determine. So make your exit with grace--the same grace shown to you."

~Marcus Aurelius

