



# STOIC EVERY DAY STOIC THOUGHTS FOR EVERY DAY OF THE MONTH

**1**  
Is there any storm that is more powerful than impressions that drive out reason? [Epictetus, D2.17]

**2**  
I choose to live in accordance with nature as a reasonable member of a social community. [Marcus Aurelius, M5.35]

**3**  
Direct all your efforts toward some purpose, and keep that aim in sight. [Seneca, T12]

**4**  
“Make a bad beginning and you’ll contend with troubles ever after.” Hesiod. [Epictetus D2.17]

**5**  
How have you behaved in the past – to the gods, to your parents, to your siblings, spouse, children, teachers, tutors, friends, relatives, household? In all your dealings with them until now, can you fairly say that “Never a harsh word, never an injustice was delivered to a single person?” [Marcus Aurelius, [Marcus Aurelius, M5.35]

**6**  
If a man wishes to live in peace, let him not engage in many activities either privately or publicly. Democritus, [Seneca, T13]

**7**  
Just observe the way you behave, and you will soon discover what your philosophy is. [Epictetus D2.18]

**8**  
Soon you will be ashes or bones. Just a name, perhaps not even that. [Marcus Aurelius, M5.35]

**9**  
Nothing happens to the wise that they did not expect. [Seneca, T13]

**10**  
It is my ambition to secure you from restraint, compulsion, and obstruction, and to make you free, prosperous, and happy ... You are here to learn and practice these things. [Epictetus D2.19]

**11**  
The things we desire in life are vanity, corruption, and trash. We are like scuffling puppies or quarrelling children – all smiles one moment and in tears the next. [Marcus Aurelius, M5.33]

**12**  
The pain associated with unfulfilled desires is less severe if you are not confident things will turn out the way you expect. [Seneca, T13]

**13**  
Set the past aside. Just begin. Trust me, you will see what I have been saying is true. [Epictetus D2.19]

**14**  
Our senses are easily deceived. Our soul itself is mere vapour exhaled from blood. Fame in this world is worthless. [Marcus Aurelius, M5.33]

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**15**

We must make ourselves more flexible and avoid becoming too attached to our current plans. [Seneca, T13]

**16**

A vine cannot behave like an olive tree or an olive tree like a vine. It is impossible. Neither can human beings lose their affections. [Epictetus D2.20]

**17**

Do good to people. Bear and forbear. Remember that nothing belongs to you outside the bounds of your poor body. [Marcus Aurelius, M5.33]

**18**

We must adapt ourselves to whatever future may bring us without fearing a change in our purposes or in our life's condition. [Seneca, T14]

**19**

We are surrounded by people who are so confused and so ignorant of what they are saying. [Epictetus D2.21]

**20**

Be steady as you go forward. Keep the straight road in your thinking and doing. Your will flows smoothly. [Marcus Aurelius, M5.33]

**21**

We should not become indecisive, a vice entirely opposed to peace. [Seneca, T14]

**22**

First, cure your ulcers, stop the discharges, and calm your mind. Bring it to the school, free from distractions. Only then will you know how powerful reason can be. [Epictetus D2.21]

**23**

If something is not of your doing, nor caused by you and the community is not affected by it, why worry about it? [Marcus Aurelius, M5.34]

**24** Stubbornness ... involve anxiety and misery. Yet indecisiveness, which cannot control itself, is much harder to bear. [Seneca, T14]

**25**

Have no illusions, this is a universal law: Every creature is attached to nothing as strongly as to its own interest. Whatever appears to threaten its interest – be it brother, father, child, or lover – is hated, accused, and cursed. We are naturally disposed to favor our own interest. [Epictetus D2.22]

**26**

Don't be taken in by your first impressions. Help those in need as far as you can. They deserve it. [Marcus Aurelius, M5.35]

**27**

The mind must withdraw into itself, away from external things. Let it confide, rejoice in itself, and admire its own works. [Seneca, T14]

**28**

Everyone moves towards what is "me" and "mine." If you believe your interests are served by your body, it will dominate your life; if it is moral choice, then it is moral choice that will dominate; and if external things, then it is external things. You will be where your choices are. [Epictetus D2.22]

**29**

Who is fortunate? The person who gives himself the gifts of fortune: good character, good intentions, and good actions. [Marcus Aurelius, M5.35]

**30**

We gain nothing by getting rid of everything that causes sadness. [Seneca, T15]

**30**

Where else can you find friendship if not with fairness, reliability, and respect for what is honourable – and these things only? [Epictetus D2.22]

**Note: D: Discourses; M: Meditations;  
T: On Tranquility**