

STOIC EVERY DAY STOIC THOUGHTS FOR EVERY DAY OF THE MONTH

1

What makes a human being beautiful? Shouldn't it be the excellence of a human being? [Epictetus, D2.23]

2

There is no difference between breathing a single breath (as we do every moment) and having the ability to breathe for a long time (as we have done since our birth) only to give it back someday to the source. [Marcus Aurelius, M6.16]

3

Many people take pains to hide their feelings and never show themselves as they are. They live an artificial life to impress others. [Seneca, T17]

4

In every species nature produces an exceptional being. Among cattle, among dogs, among bees, among horses. Don't ask that exceptional being, "Why, who are you?" [Epictetus D3.1]

5

The elements move in all directions – above, below, and around us. But, virtue doesn't move at random. She is more divine, moves serenely forward, and in ways we cannot understand. [Marcus Aurelius, M6.17]

6

We can never be at ease if we imagine that everyone who looks at us is judging our real worth. [Seneca, T17]

7

What makes you superior is your ability to reason. Decorate and beautify that aspect of you. [Epictetus D3.1]

8

People behave in strange ways. They won't praise their colleagues who live among them, yet crave for themselves the praise of future generations they have never seen and will never see. [Marcus Aurelius, M6.18]

9

What pleasure lies in that pure honesty, which is its own ornament, and which hides no part of its character! [Seneca, T17]

10

You are not flesh or hair but what you choose. If you make that beautiful, then you will be beautiful. [Epictetus D3.1]

11

Don't assume that something is impossible because you find it hard. Recognize that if something is possible and proper for a human being to do, you can do it too. [Marcus Aurelius, M6.19]

12

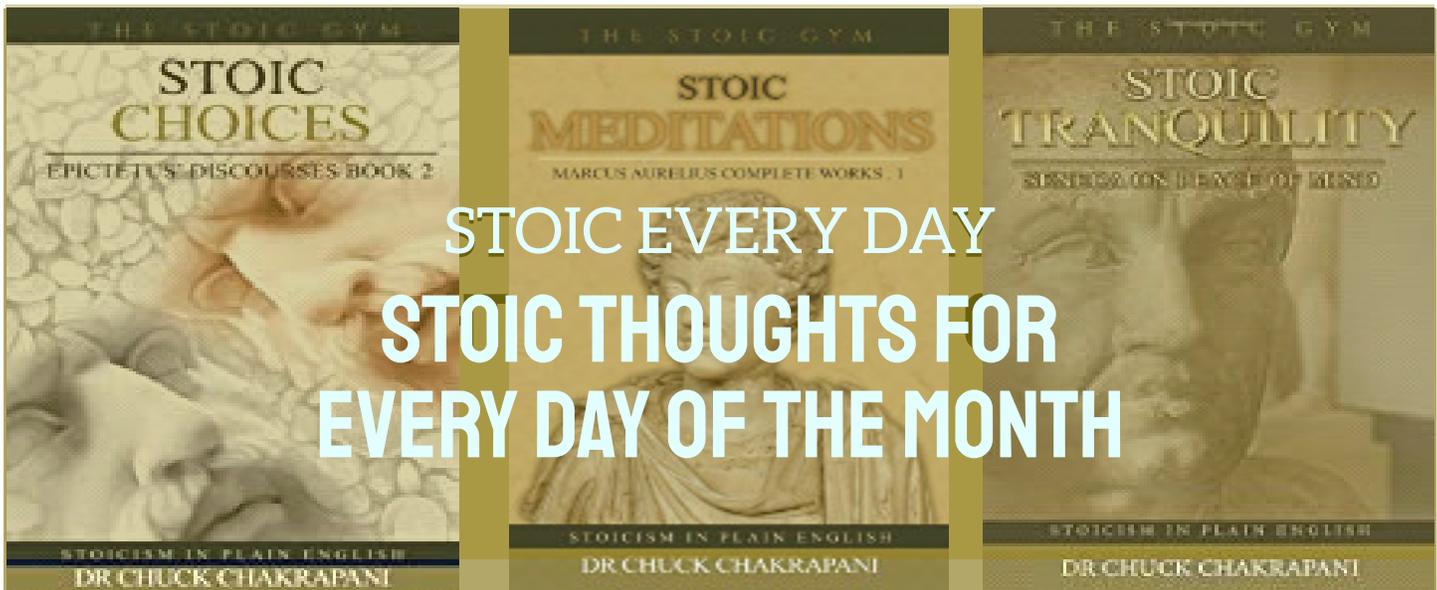
even a frank life can be despised. Some people heap scorn on whatever they come close to. [Seneca, T17]

13

Passions arise only when we are frustrated in our desires or faced with what we don't want. [Epictetus D3.1]

14

Let's overlook many things in our fellow human beings, but keep our distance, without suspicion or ill will. [Marcus Aurelius, M6.20]



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15

It is better to be despised for one's simplicity than to be burdened by endless hypocrisy. [Seneca, T17]

16

I should not be unfeeling like a statue but should take care of my natural and acquired relationships – as a human being [Epictetus D3.2]

17

If you can show me and prove to me that I am wrong in my thinking or in my actions, I will gladly change. [Marcus Aurelius, M6.21]

18

There is a big difference between living simply and living carelessly. [Seneca, T17]

19

The raw material for good human beings is their own mind – to respond to impressions the way intended by nature. [Epictetus D3.3]

20

Truth doesn't harm anyone. Persistent self-delusion and ignorance do. [Marcus Aurelius, M6.21]

21

We should combine the two: solitude and being with people and alternate between them. The former will make us long for people and the latter for ourselves. [Seneca, T17]

22

Assent to what is true, dissent from what is false, and suspend judgment when uncertain. [Epictetus D23.3]

23

I do my duty. I am not interested in the rest. [Marcus Aurelius, M6.22]

24

Solitude will cure us when we are sick of company, and company will cure us when we are sick of solitude. [Seneca, T17]

25

To desire what is good, to reject what is bad, and be indifferent to what is neither. [Epictetus D3.3]

26

Be generous and liberal with irrational animals, with material things. You can reason and they can't. [Marcus Aurelius, M6.23]

27

We should not keep our mind tense all the time. We should relax and turn towards amusement as well. [Seneca, T17]

28

What is misfortune? An opinion. What is subversion, dissension, complaint, blame, accusation, or foolish talk? All mere opinions. [Epictetus D3.3]

29

In death, Alexander the Great was no different from a stable boy. Both were absorbed by the universe the same way and dissolved into atoms. [Marcus Aurelius, M6.24]

30

Our minds should relax. After rest, they will rise better and more vigorous. [Seneca, T17]

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