



STOIC EVERY DAY

Stoic thoughts for every day of the month

1
Set aside your self-satisfaction about what you think you know. You are not going to learn anything new, if you think you know it already. [Epictetus, D 2.17]

2
Honour the highest in yourself, the part that shares its nature with the greatest. [Marcus Aurelius, M 5.21]

3
He who fears death will never do anything worthy of someone alive. [Seneca, T 11]

4
Then what do we come to philosophers for? To learn what we think we do not know—the basic principles. [Epictetus, D 2.17]

5
What does not harm the community does not harm the individual. [Marcus Aurelius, M 5.22]

6
By looking forward to everything that may happen to her as though it will happen to her, a person takes the sting out of all misfortunes. [Seneca, T 11]

7
It is ridiculous to imagine you are going to learn anything other than what you want to learn. [Epictetus, D 2.17]

8
Think how quickly all things come into being and how quickly they pass away. The river of life flows without stopping. [Marcus Aurelius, M 5.23]

9
It makes no difference what happens to those who expect it and are prepared to meet it. [Seneca, T 11]

10
You cannot hope to make any progress in any area without putting in the effort. [Epictetus, D 2.17]

11
What sense does it make to fret and fume—as if your troubles are going to last forever? [Marcus Aurelius, M 5.23]

12
You say, "I did not think this would happen," and "would you ever have believed that this would have happened?". But why not? [Seneca, T 11]

13
We all talk about good and evil, useful, and harmful. It's all in our vocabulary. But do we understand how to apply them correctly? [Epictetus, D 2.17]

14
In the totality of everything, yours is a small share. In the totality of time, yours is a brief instant. In the totality of destiny, yours is a puny part. [Marcus Aurelius, M 5.24]

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15

Know then that every human condition is temporary and that what has ever happened to anybody can happen to you too. [Seneca, T 11]

16

Just look at yourself. If you are good at applying your intuitive concepts properly, why are you unhappy and obstructed? [Epictetus, D 2.17]

17

Has anyone done me wrong? Let them take care of it. Their character and actions are theirs. [Marcus Aurelius, M 5.25]

18

Unless you expect that whatever can happen will happen to you, you give adversity power over you. [Seneca, T 11]

19

Make it so that whatever happens is what you want to happen. How can you then be unhappy? [Epictetus, D 2.17]

20

Let no emotions of pleasure or pain affect your supreme part—your mind. [Marcus Aurelius, M 5.26]

21

Avoid doing meaningless work or work whose purpose is trivial. [Seneca, T 12]

22

But how can you call yourself educated, if you still experience envy, pity, jealousy, and fear and complain everyday about your condition and about God? [Epictetus, D 2.17]

23

Live with the gods. How? By showing them that you accept whatever they give you and doing whatever they ask of you. [Marcus Aurelius, M5.27]

24

don't desire things that you cannot achieve and those which, once achieved after much sweat, make you realize they were not worth going after. [Seneca, T 12]

25

Throw away this conceit that you possess any useful knowledge. Approach philosophy like you would music or mathematics. Otherwise you won't even come close to making any progress. [Epictetus, D 2.17]

26

You can live on earth like you mean to live in the hereafter. [Marcus Aurelius, M 5.29]

27

Our effort should not be without a result, and the result should be worthy of our effort. [Seneca, T 12]

28

Why is it that when you want something, it doesn't come about, and when you don't want it, it comes about? For that's very strong proof that you are in a troubled and unfortunate state. [Epictetus, D 2.17]

29

I am my own master, and no one can hinder me from doing what I choose. I choose to live in accordance with nature as a reasonable member of a social community. [Marcus Aurelius, M 5.29]

30

direct all your efforts toward some purpose, and keep that aim in sight. [Seneca, T 12]

31

Every habit is formed, and every capacity strengthened, by our doing things associated with it. Walking makes you walk better, running makes you run better. Want to be a reader? Read. Want to be a writer? Write. [Epictetus, D 2.18]