

STOIC EVERY DAY STOIC THOUGHTS FOR EVERY DAY OF THE MONTH

1

You are not desolate just because you are alone. Neither are you secure from desolation because you are in a crowd. [Epictetus D3.13]

2

If the gods have made decisions about me and what should happen to me, then they are good decisions. It is hard to think of the gods making poor decisions. [Marcus Aurelius, M6.44]

3

No one can be sane if they think what is harmful is the highest good and strive to get it. [Seneca, H6]

4

We should prepare ourselves to be self-sufficient and be able to live with ourselves. [Epictetus D3.13]

5

It is natural for human beings to feel stress, if they are doing the work of a human being. How can it be a bad thing if it is in accordance with nature? [Marcus Aurelius, M6.33]

6

That person is happy whose reason guides all their activities. [Seneca, H6]

7

Can the government promise us freedom from fever, from shipwreck, from fire, from earthquake, from lightning? No, not even from love. From grief? From envy? No, absolutely not. [Epictetus D3.13]

8

If you look closely, you will also see that... what is good for one person is also good for their fellow human beings. [Marcus Aurelius, M6.45]

9

A happy person can make the right judgment in all things: happy with one's present circumstances...; satisfied and on friendly terms with the conditions of life. [Seneca, H6]

10

Abstain from every desire at one time to be able to exercise your desires in a reasonable way at a later time. [Epictetus D3.13]

11

The performances in places of entertainment tire you after a while So it is with life. Its ups and downs, causes and effects- everything the same. [Marcus Aurelius 6.46]

12

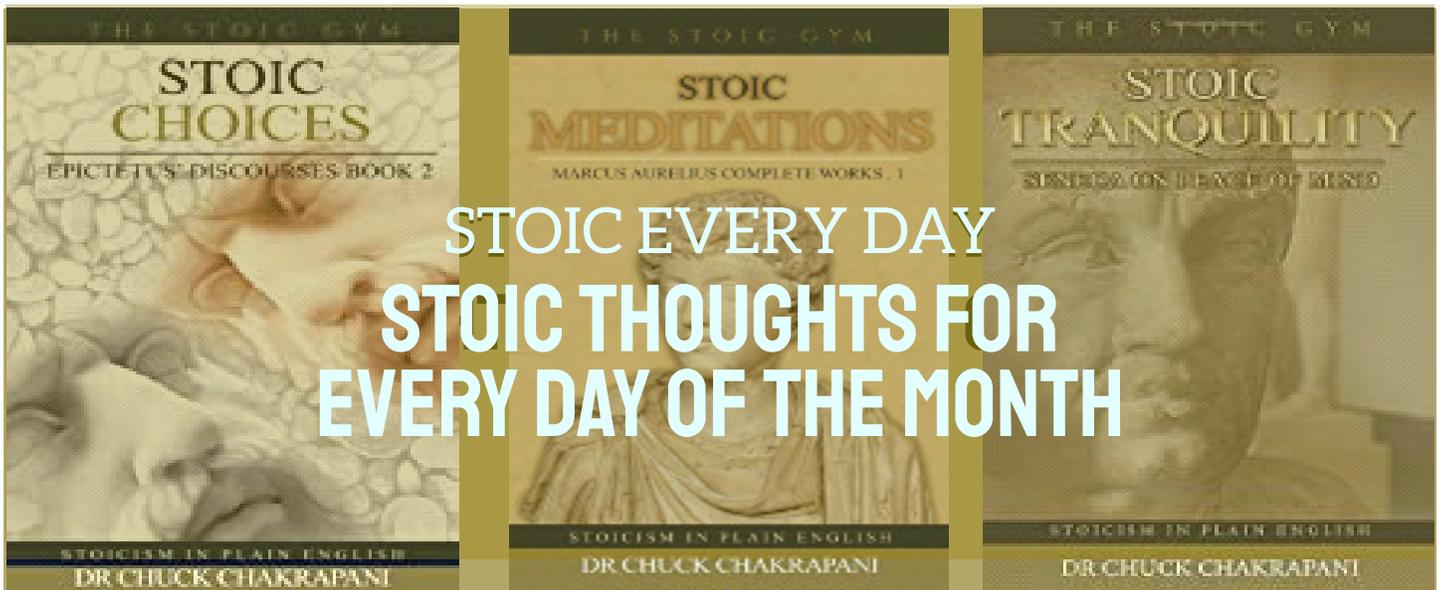
No one can live honourably without living cheerfully or live cheerfully without living honourably. [Seneca, H7]

13

Do you want to help them? Then show them by your own example the kind of person philosophy produces. Stop talking nonsense. [Epictetus D3.13]

14

There is only one thing that is precious in this life: to live one's life truthfully and fairly, and be charitable even with



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those who are untruthful and unfair. [Marcus Aurelius, M6.47]

15

A right-thinking mind never wavers or hates itself. [Seneca, H7]

16

We should get rid of two things: conceit and diffidence. [Epictetus D3.14]

17

If you want to uplift your spirit, think of the qualities of your friends. You may find one person modest, another unassuming, yet another generous and so on. [Marcus Aurelius, M6.48]

18

All good things come from virtue and, therefore, even the things you value and seek come from its roots. [Seneca, H7]

19

Do you think you can act the way you do and yet become a philosopher? [Epictetus D3.15]

20

Do you worry that you weigh what you weigh, and not 300 pounds? So why bother about living so many years only and not more? [Marcus Aurelius, M6.49]

21

Pleasure is a companion and not a guide of a right-thinking and honourable mind. [Seneca, H8]

22

If you associate with others on a regular basis – for

small talk, for parties, or for friendship — you will necessarily grow up to be like them, unless you get them to be like you. [Epictetus D3.16]

23

If someone totally obstructs you, go along with them, but use the obstacle to practice some other virtue. [Marcus Aurelius, M6.50]

24

Let not your confidence be without knowledge and your knowledge without commitment. [Seneca, H8]

25

Keep well out of the sun, then, as long as your principles are as pliant as wax. [Epictetus D3.16]

26

If you are a person of understanding, you will try to find your good in your own actions. [Marcus Aurelius, M6.51]

27

Be balanced and not be defeated by external things. [Seneca, H8]

28

It is not poverty we should reject, but our judgment regarding it, and then we shall be at peace. [Epictetus D3.17]

Notes

D = *Discourses*

M = *Meditations*

H = *On Happiness*