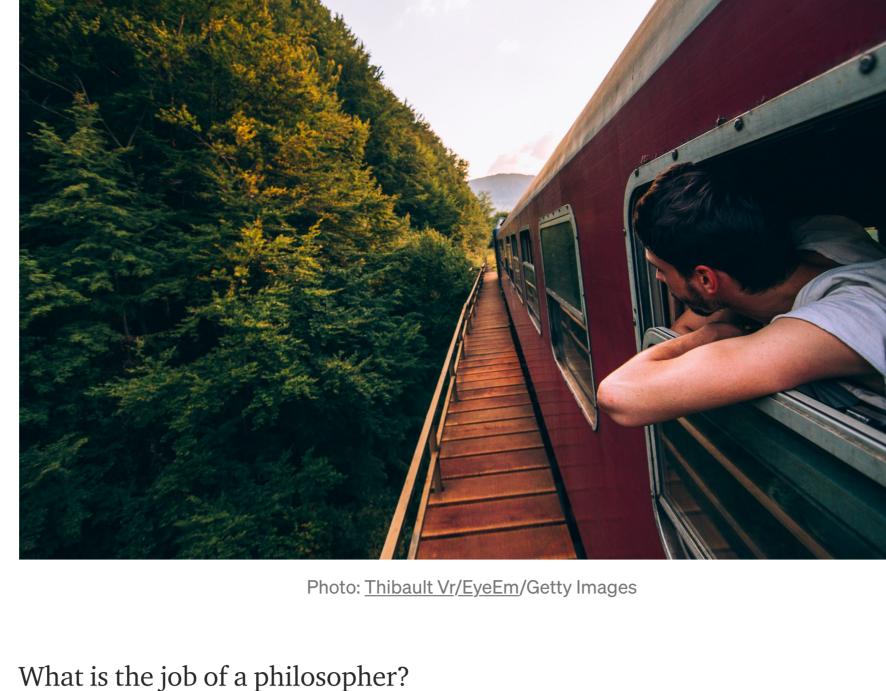
Ryan Holiday 1 day ago ⋅ 3 min read ★



philosophy is just this, to examine and uphold the standards, but the work

Pretty straightforward then: Define your rules. Live by them. But the Stoics were not quite so direct in practice. While they spoke, wrote,

place. Not in any form that survived, at least. One Stoic, Chrysippus, supposedly wrote 500 lines a day — the vast majority of which are lost.

In studying their writings for my own practice, I've compiled 50 rules from the Stoics, gathered from their immense body of work across two thousand years. These rules functioned, then, as they do now, as guides to what the ancients called "the good life." Hopefully some of them will illuminate your own path.

1. Focus on what you can control. 2. You control how you respond to things. 3. Ask yourself, "Is this essential?"

4. Meditate on your mortality every day.

5. <u>Value time</u> more than money and possessions. 6. You are the product of your habits.

8. Own the morning.

9. Put yourself up for review. Interrogate yourself.

10. Don't suffer imagined troubles.

11. Try to see the good in people.

12. Never be overheard complaining—even to yourself. 13. Two ears, one mouth for a reason.

15. Don't compare yourself to others. 16. Live as if you've died and come back (every minute is bonus time).

14. There is always something you can do.

18. Be strict with yourself and tolerant with others. 19. Put every impression, emotion, to the test before acting on it.

20. Learn something from everyone.

21. Focus on process, not outcomes.

22. Define what success means to you.

25. Don't follow the mob. 26. Grab the "smooth handle."

24. Seek out challenges.

28. Say no (a lot).

23. Find a way to love everything that happens.

27. Every person is an opportunity for kindness.

30. Find one thing that makes you wiser every day.

29. Don't be afraid to ask for help.

32. Don't judge other people.

33. Study the lives of the greats. 34. Forgive, forgive, forgive.

35. Make a little progress each day.

31. What's bad for the hive is bad for the bee.

36. Journal. 37. Prepare for life's inevitable setbacks.

39. To do wrong to one, is to do wrong to yourself.

38. Look for the poetry in ordinary things.

40. Always choose "alive time." 41. Associate only with people that make you better.

44. Possessions are yours only in trust.

43. Fate behaves as she pleases...do not forget this.

45. Don't make your problems worse by bemoaning them.

47. Courage. Temperance. Justice. Wisdom. (Always).

48. The <u>obstacle</u> is the way.

I'll leave you with the one rule that captures all the rules. It comes from Epictetus: "Don't explain your philosophy. Embody it."

reading about it. Or writing about it. It's about embodying your rules and principles. Letting your actions speak for you. So, Marcus Aurelius reminded himself and now us, "Waste no more time talking about what a good man is like. Be one."

49. <u>Ego</u> is the enemy.

50. Stillness is the key.

™ 3K ○ 14

Ryan Holiday

Stoicism

between work and home.

Make like Mister Rogers

of changing out...

44

29

Michelle Woo · 2 days ago

118 Q 2

Kathleen Smith · 3 days ago ★

an unhealthy form of stress relief

not always what they appear to be.

Michelle Woo · 1 day ago

Today's tip: Try "day batching."

Life Lessons

Sign up for The Forge Daily Tip By Forge A quick morning email to help you start each day on the right foot. Take a look. Emails will be sent to macsamrad@gmail.com. Get this newsletter

Not you?

It's who you are. It's the act of virtue, not the act of talking about virtue. Or

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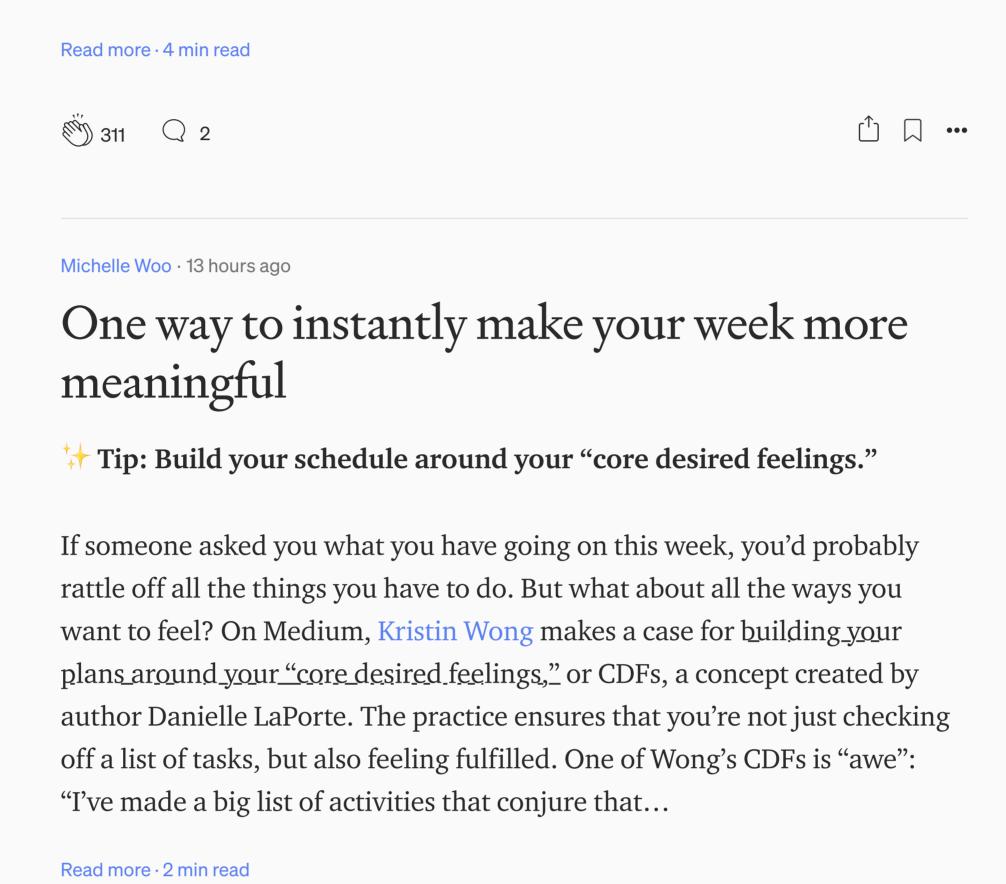
Photo: urbazon/Getty Images

Just as Mister Rogers made a ritual of changing from a jacket to a cardigan

at the beginning of each episode, my grandmother had an end-of-day ritual

Marcus Aurelius

Philosophy



Marketing, is to give each day of the week a specific purpose: Maybe Mondays are for writing, Wednesday are for promotion, and Fridays are... Read more · 2 min read

overwhelmed by the 492 others items still lurking on your list.

A trick for easing Zoom anxiety

⊀ Today's tip: Pin the friendliest face on Zoom.

A scheduling tip to focus your scattered brain

big Zoom meetings are still as awkward as ever. When it's your turn to speak, you scan the grid of faces: Some look bored, others look way too intense. Hey, is that guy in the lower-right corner slurping soup?! Here's a trick for easing the anxiety, shared by Laquesha Bailey on Medium: Pin the friendliest-looking meeting participant. "That way," she explains, "it feels like you're just having a casual conversation with that one person and not a... Read more · 1 min read

When Trying to Be Helpful Is a Mental Trap

A therapist explains how solving other people's problems can become

It's been more than a year since many of us started working remotely and

Photo: Hinterhaus Productions/Getty Images

helping: anxious helping and thoughtful helping. Anxious helping is more about our own inability to tolerate stress than it is about serving or leading others. This is because being over-responsible for others, sometimes called over-functioning, is one of the quickest ways to calm yourself down. Over-functioning can look like:

In our relationships, as I tell my therapy clients, there are two kinds of

467 🔾 5

• Directing people because they seem...

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• Medium

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2,000 years

The best pieces of wisdom gathered from a body of work that spans

"When the standards have been set," Epictetus said, "the work of of a truly good person is in using those standards when they know them." and debated, nowhere did they put their "commandments" down in one 7. Remember you have the power to have no opinion. Top highlight Rejoice Denhere 17. "The best revenge is not to be like that." —Marcus Aurelius

42. If someone offends you, realize you are complicit in taking offense. 46. Accept success without arrogance, handle failure with indifference. Don't talk about it, be about it. The whole point of Stoicism is what you do.

Follow

When you work where you live, the effort to separate work life from personal life can feel like a bit of a performance: You're hiding your PJs under a professional blazer, or throwing a green screen in front of your household mess. That's why I'm going to take some inspiration from show business, and suggest six tactics you can use to create a bit more separation

When you approach your day's tasks like a game of whack-a-mole — gotta check on that project! gotta email these eight people! gotta return those library books that were due last Thursday! — you never feel like you're making meaningful progress. Instead, you just feel scattered, deflated, and A better approach, as shared by Michelle Loucadoux, MBA on Better

Pretty much everyone's heard that famous Mr. Rogers quote: "Look for the helpers." But when you're a therapist, you quickly learn that the helpers are

Help

Legal

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