

5 *Stoic* PRINCIPLES TO HANDLE LIFE'S CHALLENGES

Focus on what you can control

"You have power over your mind – not outside events. Realise this, and you will find strength."
– Marcus Aurelius

Practise gratitude and be present

"Count the blessings you actually have and think how much you would desire them if they weren't already yours." – Marcus Aurelius

Embrace discomfort and hardship

"The obstacle in the path becomes the path." – Ryan Holiday (inspired by Marcus Aurelius)

Remember: everything is temporary

"You could leave life right now. Let that determine what you do and say and think."
– Marcus Aurelius

Live with integrity and virtue

"Waste no more time arguing about what a good person should be. Be one."
– Marcus Aurelius

