

## How to live like a Stoic: Ten maxims

1. Some things in the world are up to us, while others are not. (§1)
2. Remove goodness and badness from the things not up to us; ascribe them only to the things that are up to us. (§31)
3. In all circumstances, keep in mind to turn in to yourself and ask what resources *you* have for dealing with these things. (§10)
4. Don't ask for things to happen as you would like them to, but wish them to happen as they actually do. (§8)
5. Keep in mind that you are an actor in a play that is just the way the producer wants it to be. Your job is to put on a splendid performance of the role you have been given. (§17)
6. Make it your habit to tell every jarring thought or impression: "You are just an appearance and in no way the real thing." Next, examine it and test it by these rules: Does it involve the things up to us, or the things not up to us? And if it involves one of the things not up to us, have the following response to hand: "Not my business." (§1)
7. Restrict aversion to the things contrary to nature that are up to us; and as for desire, give it up completely for the time being. (§2)
8. Keep in mind that what injures you is not people who are rude or aggressive but your opinion that they are injuring you. (§20)
9. Whenever you are about to start on some activity, remind yourself what the activity is like. In every undertaking, examine its antecedents and their consequences, and only then proceed to the act itself. (§4, §29)
10. Set before your eyes every day death and exile and everything else that looks terrible. (§21)

\*All references are to Epictetus's *Encheiridion*