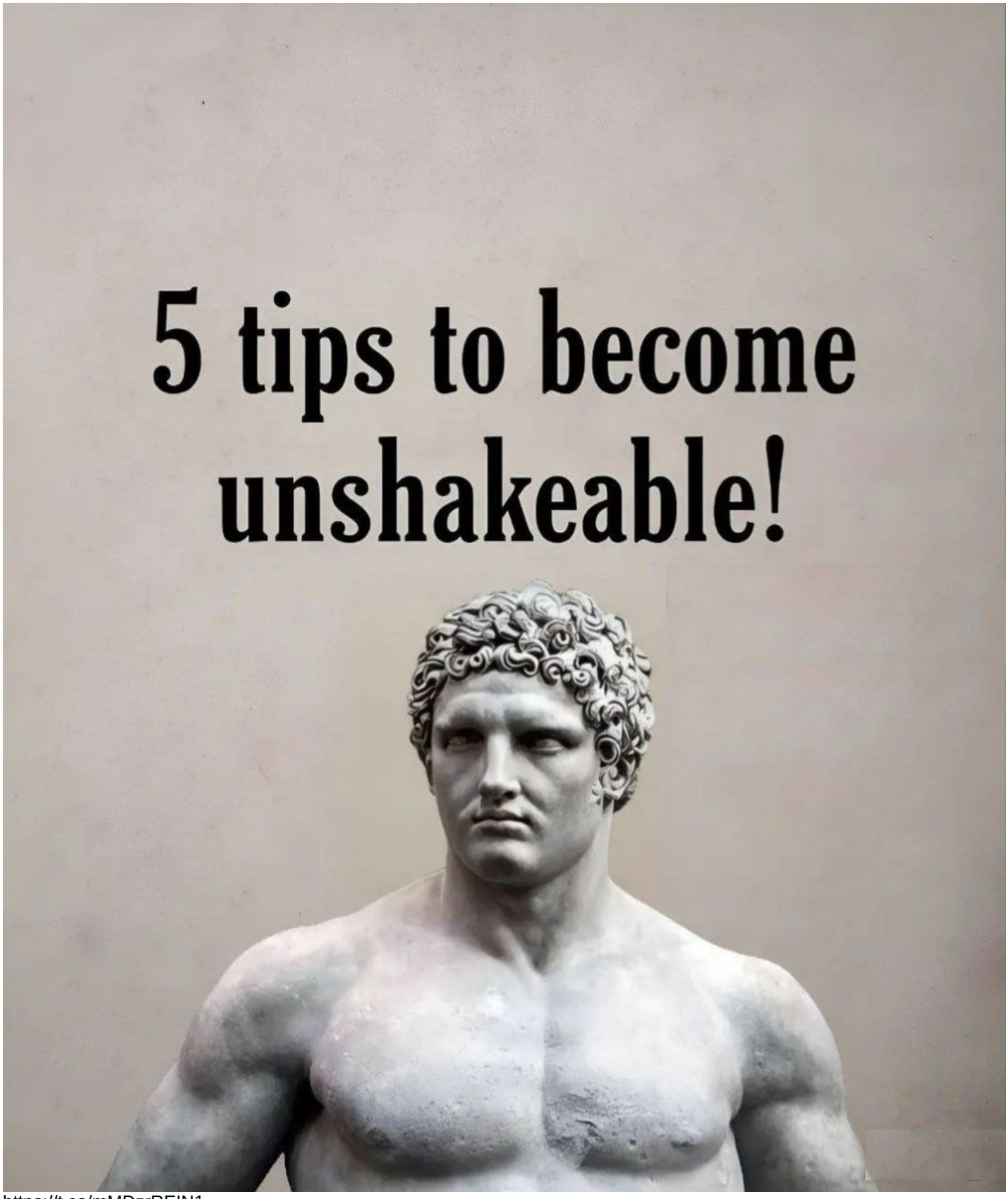
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5 STOIC PRINCIPLES TO BECOME UNSHAKABLE:



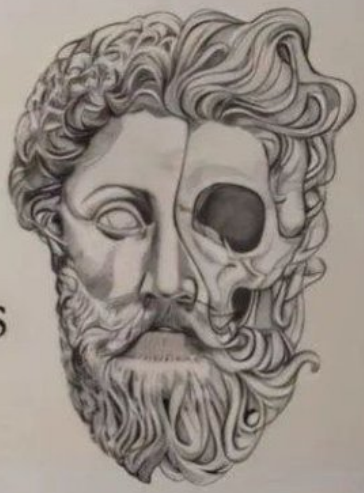
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(1/5)

"The soul becomes dyed with the colour of its thoughts"

- Marcus Aurelius

You become what you think. Positive thinking leads to a positive and happy life. Negative thoughts lead to disturbance, unhappiness and frustration. The choice is yours to make. You can either live wisely and be extraordinary, or live unwisely and against nature and you will die someone quite ordinary.



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(2/5)

"Don't explain your philosophy. Embody it."

- Epictetus

The goal of philosophy is not to just talk wisdom but practice it in real life. Modern day philosophy has become overly academic. In ancient times, philosophers were known for their lifestyle and strength of character built through years of psychological training in philosophy.



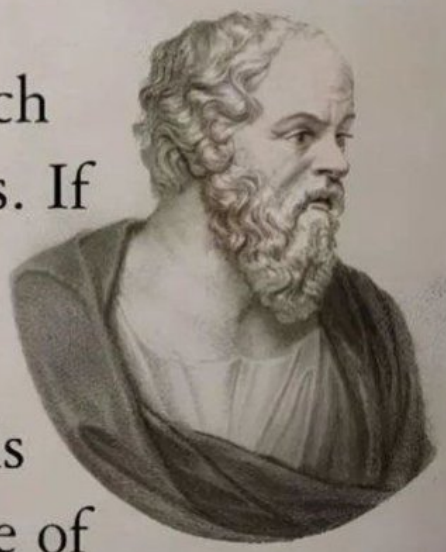
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(3/5)

"The unexamined life is not worth living."

- Socrates

The fundamental difference between human beings and animals is that humans are capable of reasoning and thinking logically to a much higher extent than animals. If we do not exercise our reasoning capability, we become worse than animals because they're not capable of rational thoughts, we are capable but still refuse to do it, going against our own nature.



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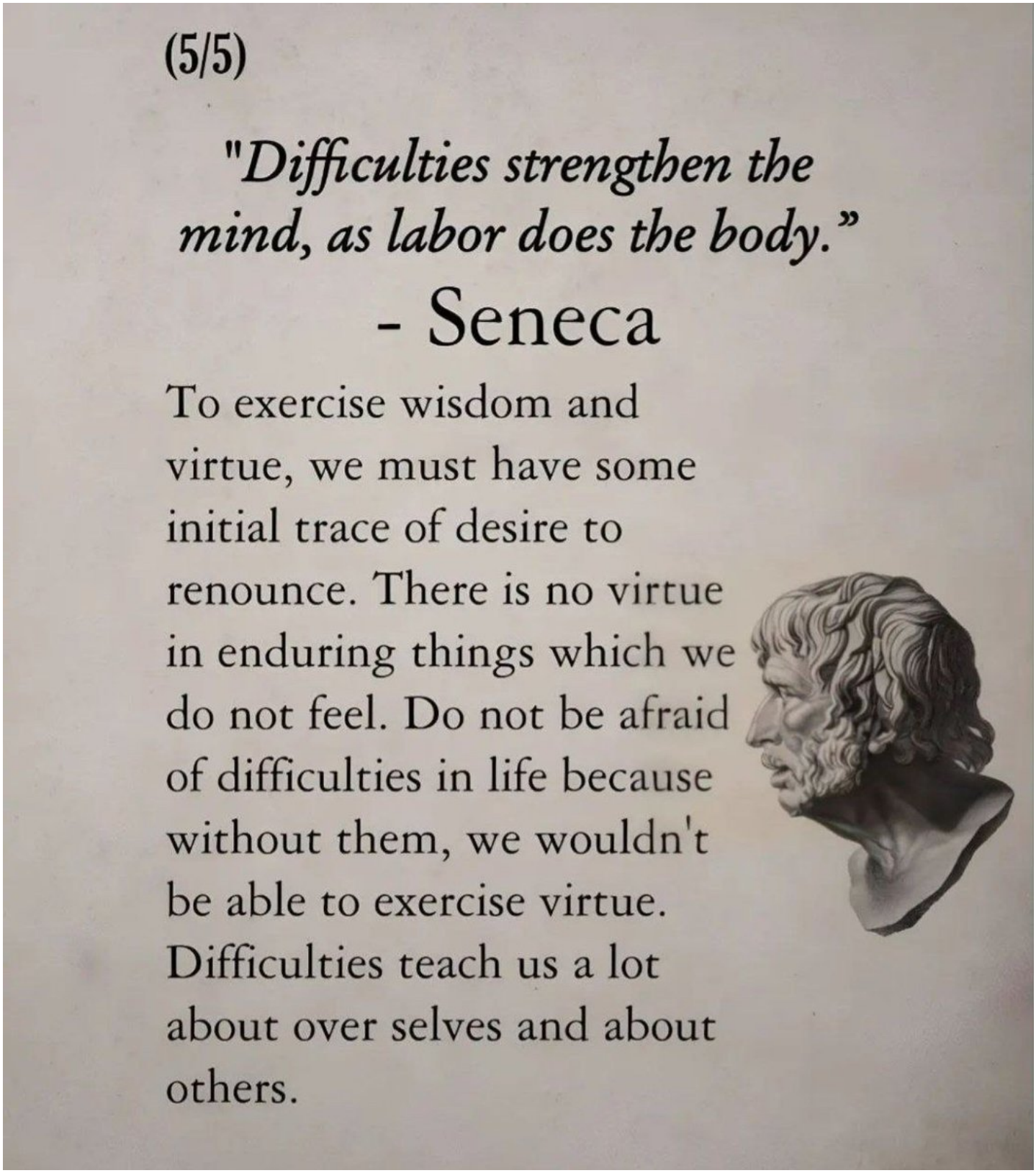
"You have power over your mind - not outside events. Realize this, and you will find strength."

- Marcus Aurelius

Stop caring about what others think of you. You do not control their thoughts, why care then? You only have power over your mind, focus entirely on your mind and make good decisions in life. Leave the rest to fate and accept whatever fate throws your way wholeheartedly.



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> — Mindset of Stoics (@mindsetofstoics) September 27, 2022