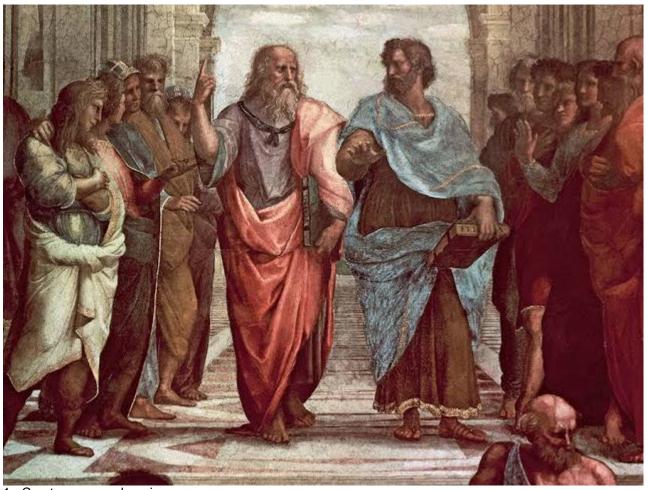
Twitter Thread by MARVELOUS ■





5 IMPORTANT LIFE LESSONS FROM PLATO:



1 - Create your own happiness

You are responsible for your thoughts, feelings & actions

By outsourcing this power, you allow external factors (people or situations) to dictate your inner wellbeing.

Plato said;

The man who makes everything that leads to happiness depend upon himself, and not upon other men, has developed the best plan for living happily.

Whether you realize it or not, energy is highly communicable.
You will subconsciously pick up the mentality, moral standards & ambition of the people you spend the most time with.
Plato warned;
People are like soil - they can either nourish you and help you grow as a person or they can stunt your growth and make you wither
3 - Master yourself
The beginning of wisdom is self-knowledge.
When you are no longer a slave to your vices, societal standards or other people's judgement - you have mastered yourself.
Your mind is a good servant but a terrible master.
If you don't rule your mind, it will rule you.
Self-governance is the ultimate virtue.
To quote Plato:
The first and greatest victory is to conquer yourself; to be conquered by yourself is of all things most shameful and vile.
4 - Be content with little
"Wealth consists not in having great possessions, but in having few wants.
Freedom is not procured by a full enjoyment of what is desired, but by controlling the desire"
5 - Be Silent
Plato said;
Wise men speak because they have something to say; fools because they have to say something.
A sound mind grows in the soil of silence.
When you speak less, you refine your thoughts and increase the value of your words.
Thread summary;

2 - Choose your company wisely

- 1) Choose your company wisely
- 2) Master yourself
- 3) Create your happiness
- 4) Be content with little
- 5) Be silent