Twitter Thread by MARVELOUS ■

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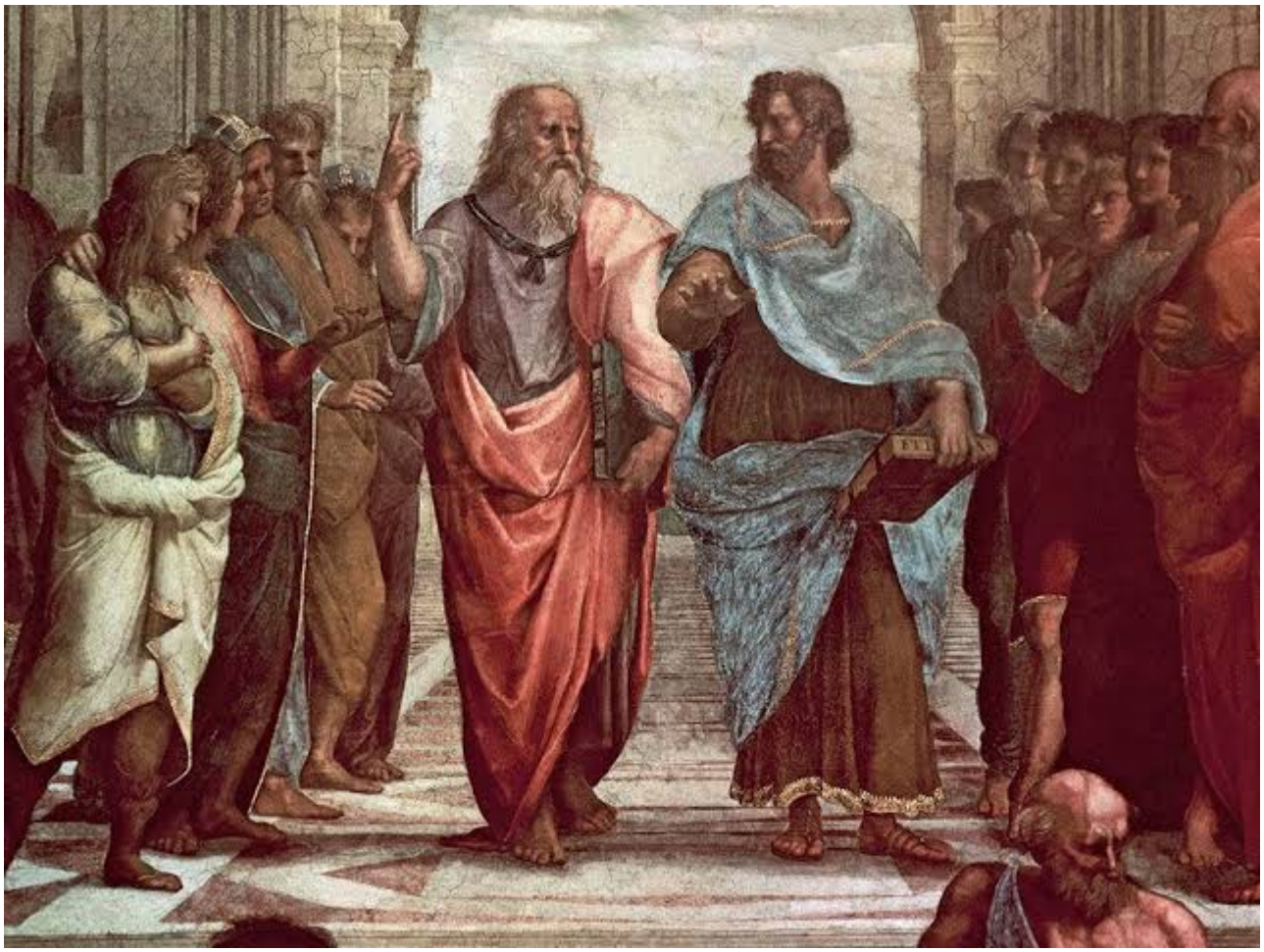
5 IMPORTANT LIFE LESSONS FROM PLATO:



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.

2 - Choose your company wisely

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;

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