Twitter Thread by Kieran Drew



Kieran Drew
@ItsKieranDrew

When I broke my neck I found a great joy:

Stoic Philosophy.

Here’re 5 powerful ideas to upgrade your perspective, persistence and make the most of life:

Stoicism may have started over 2000 years ago, but the advice is perfect for today.

No other philosophy will bring you success and calm in equal measures.

Here's a 3-minute crash course:

There are two areas of life:

What you can control and what you can’t.

When you focus on what you can, you become powerful.

When you ignore what you can’t, you become free.

Give 100% to the 2% that counts.

Life is suffering.

But that doesn’t mean you have to.

What happens, happens. It’s your response that's important.

Even in the darkest of times, this truth applies:

Choose not to be harmed, and you won’t be.

You can get angry or you can accept.

You can play victim or you can play hero.

The world is unfair or each day is a gift.

Life marches on regardless.

It's on you to pick the best perspective.

Your mind is your greatest asset.

But it’s also your worst enemy.

We suffer more in imagination.

We prefer to look happy at the cost of being it.

We care more about other people’s opinions than our own.

Control your thoughts or be controlled by them.

Desire is optional.

Society doesn’t want you to know this:

From an early age you're told what success looks like.

Big house. Flashy car. Expensive clothes.

But materialism won’t make you happy. Meaning will.

What this means ■

Freedom comes from eliminating desire.

Not the pursuit of it.

But you don't abandon success. Stoics were emperors and generals.

You decide what to live for and disregard the rest.

To do that, you need two key ingredients:

Discipline.

Greatness is a result of restraint and repetition.

The best outcomes are delayed.

At a time where most choose the path of least resistance: Take the harder route.

You'll be rewarded for it.

Integrity

If it's not right, don't do it. If it isn't true, don't say it.

Be tolerant with others but strict with yourself.

You become strong by holding to principles. By living true to your values.

And the final (and most important point)...

https://t.co/A08hZOrmQS

> 1 important exercise they should have taught you at school:
>
> How to Decide Your Core Values (And Win the Game of Life)
>
> =THREAD=
>
> — Kieran Drew (@ItsKieranDrew) September 30, 2021

Remember, you will die.

Most live life as passengers.

But you're meant for more than mediocrity.

Never settle. Work hard.

Use each day as if it was your last because you don't know when your time will end.

Make it count.

Thanks for reading.

Stoicism's helped me through dark times. It's helped me achieve great times.

I can't recommend it enough,.

If you're interested, check out these books:

- The ancient art of stoic joy

- A manual for living
- Meditations
- Letters to a stoic

If you enjoyed this, 2 requests:

1. Follow me @itskierandrew for content on writing and storytelling

2. Head on up and share this post with others

The world would be a better place if people were a little more stoic.

https://t.co/V6UgvxuatY

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> — Kieran Drew (@ItsKieranDrew) March 1, 2022