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Aristotle: A Life of Character

READING ARISTOTLE



Explore how habits, judgment and friendship shape a life beyond its achievements.

ONE IDEA FOR AN ORDINARY DAY

Ask what the achievement is for



Goal · Further purpose · Life supported

Aristotle begins from the observation that activities aim at goods, often pursued for the sake of something further. Money can support a life but cannot by itself tell you which life is worth supporting. Ask what an ambition is meant to enable and whether the means have quietly become the end. This inquiry does not make practical needs unimportant. It places them within a wider question about the activities and relationships through which a life goes well.

A DISTINCTION TO KEEP

A useful means does not choose its own purpose.

READ ALONG

Nicomachean Ethics I.1–2, 1094a–1094b

TAKE THIS INTO YOUR DAY

What good is this achievement supposed to serve?

Bring it into your day.

AN ORDINARY SITUATION

You pursue a promotion to gain time and autonomy, then notice that its expected workload may remove both. You reconsider the role against the purpose that first made it attractive.

ADAPT

Your circumstances matter.

TRY IT TODAY

Trace one goal through two questions of what it is for. Notice where the answer becomes less clear.

A question to carry

What good is this achievement supposed to serve?

NOTICE	Describe the particular situation before judging it.
CHOOSE	What is one proportionate next action?
RETURN	What would tell you whether the change helped?