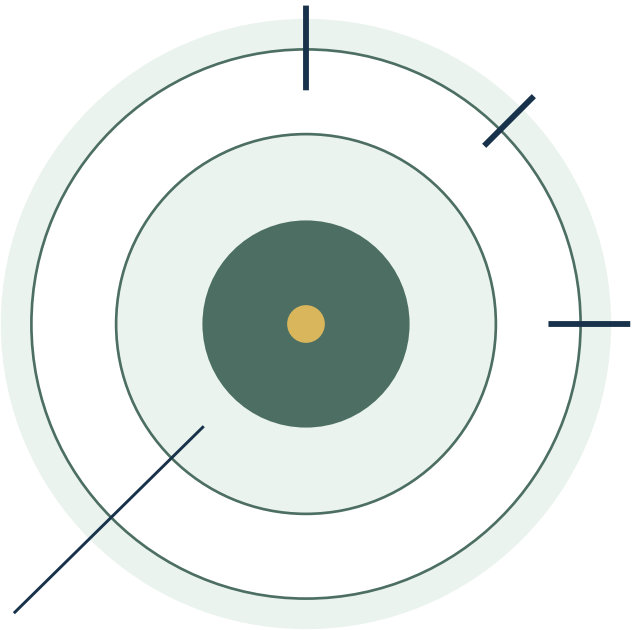
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Epictetus: A Freer Mind

READING EPICTETUS



When the outcome is uncertain, distinguish your next choice from what you cannot command.

ONE IDEA FOR AN ORDINARY DAY

Separate direction from possession



Choose · Influence · Cannot command

Epictetus begins by distinguishing judgments and choices from things such as property, reputation and office. His categories are sharper than the everyday claim that you control your thoughts. Habits, fear and circumstances influence what you think. The practice is to examine your response rather than assume that desire can command an external result. You can work to improve conditions while remembering that your effort does not own the choices of other people or the whole chain of events.

A DISTINCTION TO KEEP

Influence deserves effort without an illusion of command.

READ ALONG

Enchiridion 1

TAKE THIS INTO YOUR DAY

Where is a choice available without a guarantee?

Bring it into your day.

AN ORDINARY SITUATION

You apply for work. You can improve the application and seek advice; you cannot guarantee the employer's decision. You plan for more than one result instead of treating rejection as proof that preparation was pointless.

ADAPT

Your circumstances matter.

TRY IT TODAY

List what you can decide, what you can influence and what remains external in one situation.

A question to carry

Where is a choice available without a guarantee?

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