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AN INDEPENDENT OPORTALS COMPANION

Meditations, Reimagined

READING MARCUS AURELIUS



Meet a difficult day with clearer judgment, steadier action and room for other people.

ILLUSTRATED IDEAS · ORDINARY SITUATIONS · QUESTIONS TO KEEP

ONE IDEA FOR AN ORDINARY DAY

Meet the day before you judge it



Expect friction · Keep judgment · Choose conduct

At the beginning of Book 2, Marcus anticipates encountering difficult people. His reminder is not that mistreatment is harmless or that everyone deserves unlimited access to you. He tries to prevent surprise and resentment from governing his own conduct. You can recognise that friction is likely without deciding in advance that every interaction will be hostile. A prepared response leaves more room for clear boundaries and cooperation than a demand that the day contain no difficult person.

A DISTINCTION TO KEEP

Preparation need not become suspicion.

READ ALONG

Meditations 2.1

TAKE THIS INTO YOUR DAY

What can I prepare without rehearsing resentment?

Bring it into your day.

AN ORDINARY SITUATION

Before a demanding meeting, you expect disagreement and decide to ask for a concrete example before defending your proposal. You also decide which conduct would require ending the discussion.

ADAPT

Your circumstances matter.

TRY IT TODAY

Name one predictable difficulty and prepare a proportionate response before it arrives.

A question to carry

What can I prepare without rehearsing resentment?

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