

THE EXTRA POINT

BY JERRY ROBERTS



964 Lessons We Can Learn From Stoics – Part 1

If you could sit down with a Stoic and gain the benefit of their wisdom, what do you think you might learn? I'm Jerry Roberts, and let's dig into that, today, on The Extra Point.

Stoicism is a school of philosophy that was established in Ancient Greece and Rome in the early parts of the 3rd century, BC.

It is a philosophy of life that maximizes positive emotions, reduces negative emotions and helps individuals to hone their virtues of character, and to live what they would term, "the good life."

The stoic doesn't beat around the bush. He/she talks straight, doesn't waste words, and gives you the straight scoop.

I'd also say that you wouldn't expect a stoic to sugarcoat things. Their demeanor would be calm, and their language would be simple and easy to understand.

The stoic wouldn't be out to hurt your feelings with what they tell you, but the more sensitive among us might get a little bent out of shape with what they're told.

Today, seven nuggets of advice you might get from a dialed-in stoic.

1. Focus on what you can control. If we take care of the things we do have control over, it's likely that we'll be less affected by the things we don't have control over.

2. Value time more than money and possessions. Think of all the things we place greater importance on than the one thing we can't get more of. How many of those possessions would we gladly cash in to buy more time, once ours has run out?

3. You are the product of your habits. Our academic achievement, in large part, was a

result of our study habits. How much we have achieved in our career would be a reflection of our work habits. Overall health is, in many ways, determined by our eating and exercise habits. Our relationships are decided by how we treat others, and that comes from habits as well.

Each of us is a creature of habits, and the better we control them will be a key indicator of our overall success.

4. Remember, you have the power to have no opinion. The world today seems to demand that we have an opinion on everything. We don't have to comply. Just smile.

It may drive some people crazy that we choose not to have opinions on whatever it is they feel is important, but there's nothing that says we have to.

5. Put yourself up for review. Interrogate yourself. Why do you do what you do? What can you do better? What value do you add to others?

6. Own the morning. Win the morning and you almost certainly win the day.

7. Don't suffer imagined troubles. There are too many problems that are real and in your face. Spend your time focused on those.

I've got more great advice from our friends, the stoics. We'll dig into that again, one day next week.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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