

Epictetus

Quotes

*Men, Life, Inspirational, Philosophical, Motivational, Wish, Thinking, Giving,
Doe, People, Events, Mind, Soul, Wise, Mean, Happiness, Attitude, Philosophy,
Choices, Evil*

It is impossible for a man to learn what he thinks he already knows.

~Epictetus

Any person capable of angering you becomes your master.

~Epictetus

Don't be concerned with other people's impressions of you. They are dazzled and deluded by appearances. Stick with your purpose. This alone will strengthen your will and give your life coherence.

~Epictetus

There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.

~Epictetus

When you are offended at any man's fault, turn to yourself and study your own failings. Then you will forget your anger.

~Epictetus

I have to die. If it is now, well then I die now; if later, then now I will take my lunch, since the hour for lunch has arrived - and dying I will tend to later.

~Epictetus

From this instant on, vow to stop disappointing yourself. Separate yourself from the mob. Decide to be extraordinary and do what you need to do -- now.

~Epictetus

Keep your attention focused entirely on what is truly your own concern, and be clear that what belongs to others is their business and none of yours.

~Epictetus

Don't explain your philosophy. Embody it.

~Epictetus

If someone speaks badly of you, do not defend yourself against the accusations, but reply; "you obviously don't know about my other vices, otherwise you would have mentioned these as well

~Epictetus

He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.

~Epictetus

You can be happy if you know this secret: Some things are within your power to control and some things are not.

~Epictetus

Freedom and happiness are won by disregarding things that lie beyond our control.

~Epictetus

He who laughs at himself never runs out of things to laugh at.

~Epictetus

As you think, so you become.....Our busy minds are forever jumping to conclusions, manufacturing and interpreting signs that aren't there.

~Epictetus

It's not what happens to you, but how you react to it that matters.

~Epictetus

The key is to keep company only with people who uplift you, whose presence calls forth your best.

~Epictetus

First say to yourself what you would be; and then do what you have to do.

~Epictetus

We should not moor a ship with one anchor, or our life with one hope.

~Epictetus

It is our attitude toward events, not events themselves, which we can control. Nothing is by its own nature calamitous -- even death is terrible only if we fear it.

~Epictetus

If evil be spoken of you and it be true, correct yourself, if it be a lie, laugh at it.

~Epictetus

What matters most is what sort of person you are becoming. Wise individuals care only about whom they are today and who they can be tomorrow.

~Epictetus

It takes more than just a good looking body. You've got to have the heart and soul to go with it.

~Epictetus

People are not disturbed by things, but by the view they take of them.

~Epictetus

At this time is freedom anything but the right to live as we wish?
Nothing else.

~Epictetus

It's so simple really: If you say you're going to do something, do it. If you start something, finish it.

~Epictetus

Be careful to leave your sons well instructed rather than rich, for the hopes of the instructed are better than the wealth of the ignorant.

~Epictetus

Only the educated are free.

~Epictetus

The essence of philosophy is that a man should so live that his happiness shall depend as little as possible on external things.

~Epictetus

No matter what happens, it is within my power to turn it to my advantage.

~Epictetus

We have two ears and one mouth so that we can listen twice as much as we speak.

~Epictetus

Books are the training weights of the mind.

~Epictetus

Keep silence for the most part, and speak only when you must, and then briefly.

~Epictetus

Authentic happiness is always independent of external conditions.

~Epictetus

In trying to please other people, we find ourselves misdirected toward what lies outside our sphere of influence. In doing so, we lose our hold on our life's purpose.

~Epictetus

The greater the difficulty the more glory in surmounting it. Skillful pilots gain their reputation from storms and tempests.

~Epictetus

No great thing is created suddenly. There must be time. Give your best and always be kind.

~Epictetus

Know, first, who you are, and then adorn yourself accordingly.

~Epictetus

When we blather about trivial things, we ourselves become trivial, for our attention gets taken up with trivialities. You become what you give your attention to.

~Epictetus

Renew every day your conversation with God: Do this even in preference to eating. Think more often of God than you breathe.

~Epictetus

Freedom is the only worthy goal in life. It is won by disregarding things that lie beyond our control. Stop aspiring to be anyone other than your own best self: for that does fall within your control.

~Epictetus

These are the signs of a wise man: to reprove nobody, to praise nobody, to blame nobody, nor even to speak of himself or his own merits.

~Epictetus

Wealth consists not in having great possessions, but in having few wants.

~Epictetus

Suffering arises from trying to control what is uncontrollable, or from neglecting what is within our power.

~Epictetus

Freedom is not procured by a full enjoyment of what is desired, but by controlling the desire.

~Epictetus

We can't control the impressions others form about us, and the effort to do so only debases our character.

~Epictetus

Nothing truly stops you. Nothing truly holds you back. For your own will is always within your control.

~Epictetus

You become what you give your attention to...If you yourself don't choose what thoughts and images you expose yourself to, someone else will, and their motives may not be the highest.

~Epictetus

Man is not worried by real problems so much as by his imagined anxieties about real problems

~Epictetus

In order to please others, we loose our hold on our life's purpose.

~Epictetus

Make the best use of what is in your power, and take the rest as it happens.

~Epictetus

When something happens, the only thing in your power is your attitude toward it; you can either accept it or resent it.

~Epictetus

An ignorant person is inclined to blame others for his own misfortune. To blame oneself is proof of progress. But the wise man never has to blame another or himself.

~Epictetus

First learn the meaning of what you say, and then speak.

~Epictetus

No matter where you find yourself, comport yourself as if you were a distinguished person.

~Epictetus

What is a good person? One who achieves tranquillity by having formed the habit of asking on every occasion, "what is the right thing to do now?"

~Epictetus

If you want to improve, be content to be thought foolish and stupid.

~Epictetus

I laugh at those who think they can damage me. They do not know who I am, they do not know what I think, they cannot even touch the things which are really mine and with which I live.

~Epictetus

Progress is not achieved by luck or accident, but by working on yourself daily.

~Epictetus

God has entrusted me with myself.

~Epictetus

We all carry the seeds of greatness within us, but we need an image as a point of focus in order that they may sprout.

~Epictetus

Let silence be your general rule; or say only what is necessary and in few words.

~Epictetus

It is not he who reviles or strikes you who insults you, but your opinion that these things are insulting.

~Epictetus

The foolish and the uneducated have little use for freedom. Only the educated are free.

~Epictetus

Seek not the good in external things; seek it in yourselves.

~Epictetus

Happiness and personal fulfillment are the natural consequences of doing the right thing.

~Epictetus

You have been given your own work to do. Get to it right now, do your best at it, and don't be concerned with who is watching you. Create your own merit.

~Epictetus

A ship should not be held by a single anchor; neither should life depend upon a single hope.

~Epictetus

Anything worth putting off is worth abandoning altogether.

~Epictetus

Other people's views and troubles can be contagious. Don't sabotage yourself by unwittingly adopting negative, unproductive attitudes through your associations with others.

~Epictetus

Nothing great is created suddenly, any more than a bunch of grapes or a fig.

~Epictetus

If you can make music with someone you don't need words. If you wish to be a writer, write.

~Epictetus

To live a life of virtue, you have to become consistent, even when it isn't convenient, comfortable, or easy.

~Epictetus

Wisdom means understanding without any doubt that circumstances do not rise to meet our expectations. Events happen as they may. People behave as they will.

~Epictetus

Freedom is secured not by the fulfillment of one's desires, but by the removal of desire.

~Epictetus

No man is free who is not master of himself.

~Epictetus

We cannot choose our external circumstances, but we can always choose how we respond to them.

~Epictetus

Don't be concerned who is watching you. The triumphs and merits of others belong to them - as do yours to you. Make the most of what you've got.

~Epictetus

We are not disturbed by what happens to us, but by our thoughts about what happens to us.

~Epictetus

Every difficulty in life presents us with an opportunity to turn inward and to invoke our own submerged inner resources. The trials we endure can and should introduce us to our strengths.

~Epictetus

It is the nature of the wise to resist pleasures, but the foolish to be a slave to them.

~Epictetus

No man is able to make progress when he is wavering between opposite things.

~Epictetus

He who exercises wisdom exercises the knowledge which is about God.

~Epictetus

God has made all men to be happy.

~Epictetus

The good or ill of a man lies within his own will.

~Epictetus

Make it your business to draw out the best in others by being an exemplar yourself.

~Epictetus

Do not seek to bring things to pass in accordance with your wishes, but wish for them as they are, and you will find them.

~Epictetus

Fortify yourself with contentment, for this is an impregnable fortress.

~Epictetus

Ruin and recovering are both from within.

~Epictetus

Happiness is an equivalent for all troublesome things.

~Epictetus

The people have a right to the truth as they have a right to life, liberty and the pursuit of happiness.

~Epictetus

Imagine for yourself a character, a model personality, whose example you determine to follow, in private as well as in public.

~Epictetus

If anyone is unhappy, remember that his unhappiness is his own fault... Nothing else is the cause of anxiety or loss of tranquility except our own opinion.

~Epictetus

Don't regard what anyone says of you, for this, after all, is no concern of yours.

~Epictetus

All philosophy lies in two words, sustain and abstain.

~Epictetus

The best place to get help is from yourself.

~Epictetus

A soul that makes virtue its companion is like an over-flowing well, for it is clean and pellucid, sweet and wholesome, open to all, rich, blameless and indestructible.

~Epictetus

Wish that everything should come about just as it does.

~Epictetus

Who is not attracted by bright and pleasant children, to prattle, to creep, and to play with them?

~Epictetus

Unremarkable lives are marked by the fear of not looking capable when trying something new.

~Epictetus

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