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Date of commentary: 12/29/16

Date of original content (Approximate): October 2<sup>nd</sup>, 2013.

Format: Personal reminder.

Subject (Approximate): Temperance, acceptance, patience, self-awareness, humility.

Participants: 1.

Part (if Applicable): 1 of 1.

Synopsis: This is a firm, private self-reminder of Stoic tenets. It was written during a personally and financially difficult period, yet it was one that also had several potential, preferable opportunities.

### ~ Start of Original Content ~

Understand that foremost, you are a guardian, and a teacher. It is your responsibility to care for all mankind, regardless of the situation, or elements within it.<sup>1</sup> The issue that you are now facing is an issue only in concept. This concept is based upon future events, which are out of your control, are unknowable, and will never be in your possession, same as the past.<sup>2</sup>

Decisions that are made by other people are committed under their own sovereign will. Assist them as you can, to the degree that is reasonable, but never go beyond the reasonable. You are of no use to others if you are compelled by the guile of desire, or by the

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<sup>1</sup> The personal reminder as a whole had one primary goal: To re-center myself, i.e. to once again interpret things through a Stoic lens. My method involved individually calling into question my desires and fears, attempting to identify and then “spell out” the judgments underlying them. Each judgment would be scrutinized through self-dialogue, drawing on Stoic premises. If it were the case that a judgment was erroneous because it contributed to vicious characteristics such as anger or greed, I would provide an argument explicitly detailing what steps I should take to reign in the judgment by making choices that run counter to it. Through frequent, deliberate exercise of will, I understood that I would become less susceptible to assenting to similar faulty judgments. In addition, I would continue making progress towards self-actualization as a practicing Stoic, i.e. progress towards habitual, consistent, virtuous actions aimed at benefiting the world without expectation of external benefits.

<sup>2</sup> During the period that this reminder was written, I had applied for a position in my workplace. I pursued this position because it would provide me greater resources to improve the quality of life of other persons, grant me greater responsibilities to better test my grasp of Stoic philosophy, and allow me to directly and indirectly guide others, chiefly through example. Despite being assured by persons with insight into the process that I would almost certainly get the position, I understood that it would be a mistake to behave as if it were assured. For one, by behaving under the assumption that I secured the position, I was assigning ownership of an external thing strictly out of my control; if anything were to change the likelihood of my getting the position, I would be affected in kind. Beyond my efforts to represent my skills to the best of my ability, I could do no more without rigging peace and strength of mind to the result.

hollow mask of fear. This applies to your significant others, your closest friends, your greatest allies, or your family.<sup>3</sup>

Always act in service for others, but be quick to recognize the distinction between reasonable action, and assigning possession. This is a delicate, and necessary balance that will become firm with training and practice. You have seen and experienced this process, and cannot see it as anything but indomitably true.<sup>4</sup>

~ End of Original Content ~

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<sup>3</sup> I take the opportunity to extend the scope of my thinking to other aspects of my life, capitalizing on and strengthening the effect I hoped to achieve: heightened humility, resilience, courage, patience, and acceptance.

<sup>4</sup> I felt secure that this manner of handling my present situation would work, because I had accomplished the effect I sought for during my pursuit of the position I held at the time. Equal care had to be taken to achieve a balance between handling the circumstances cautiously as means for self-improvement, and fulfilling the tasks at hand to the best of my ability, for the betterment of others.