

# Stoic Quotes

1. “I am not afraid of an army of lions led by sheep; I am afraid of an army of sheep led by a lion.”  
-Alexander The Great
2. “The happiness of your life depends upon the quality of your thoughts.”  
-Marcus Aurelius
3. “Look well into thyself; there is a source of strength which will always spring up if thou wilt always look.”  
-Marcus Aurelius
4. “To hold it together when everyone else would understand if you fell apart, that’s true strength.”  
-Miyamoto Musashi
5. “The object of life is not to be on the side of the majority, but to escape finding oneself in the ranks of the insane.”  
-Marcus Aurelius
6. “All men die, but not all men really live.”  
-William Wallace

7. “Accept whatever comes to you woven in the pattern of your destiny, for what could more aptly fit your needs?”  
-Marcus Aurelius
8. “You don’t have to turn this into something. It doesn’t have to upset you.”  
-Marcus Aurelius
9. “To live a good life: We have the potential for it, if we learn to be indifferent to what makes no difference.”  
-Marcus Aurelius
10. “Think of yourself as dead. You have lived your life. Now take what’s left and live it properly”  
-Marcus Aurelius
11. “Death smiles at us all, but all a man can do is smile back.”  
-Marcus Aurelius
12. “The best revenge is not to be like your enemy.”  
-Marcus Aurelius

13. “Your mind will take the shape of what you frequently hold in thought, for the human spirit is colored by such impressions.”  
-Marcus Aurelius
14. “The impediment to action advances action. What stands in the way becomes the way.”  
-Marcus Aurelius
15. “You have power over your mind - not outside events. Realize this, and you will find strength.”  
-Marcus Aurelius
16. “It is not death that a man should fear, but he should fear never beginning to live.”  
-Marcus Aurelius
17. “Never let the future disturb you. You will meet it, if you have to, with the same weapon of reason which today arm you against the present.”  
-Marcus Aurelius
18. “Very little needed to make a happy life; it is all within yourself in your way of thinking.”  
-Marcus Aurelius

19. “Loss is nothing else but change, and change is nature’s delight.”

-Marcus Aurelius

20. “A mans true delight is to do the things he was made for.”

-Marcus Aurelius

21. “True happiness is to enjoy the present, without anxious dependance upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so, wants nothing.”

-Seneca

22. “Begin at once to live, and count each separate day as a separate life.”

-Seneca

23. “It is not because things are difficult that we do not dare; it is because we do not dare that things are difficult.”

-Seneca

24. “We all sorely complain of the shortness of time, and yet have much more than we know what to do with. Our

lives are either spent in doing nothing to the purpose, or in doing nothing that we ought to do. We are always complaining that our days are few, and acting as though there would be no end of them.”

-Seneca

25. “The bravest sight in the world is to see a great man struggling against adversity.”

-Seneca

26. “Every night before going to sleep we must ask ourselves: what weakness did I overcome today? What virtue did I acquire?”

-Seneca

27. “Throw me to the wolves and I will return leading the pack.”

-Seneca

28. “Life is never incomplete if it is an honorable one. At whatever point you leave life, if you leave it in the right way, it is whole.”

-Seneca

29. “We suffer more often in imagination than in reality. You want to live but do you know how to live? You are scared of dying but tell me, is the kind of life you lead really any different to being dead?”

-Seneca

30. “The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be.”

-Seneca

31. “Man is affected not by events but by the view he takes of them.”

-Epictetus

32. “As is a tale, so is life: not how long it is, but how good it is, is what matters.”

-Seneca

33. “Sometimes even to live is an act of courage.”

-Seneca

34. “If you really want to escape the things that harass you, what you’re needing is not to be in a different place but to be a different person.”

-Seneca

35. “Until we have begun to go without them, we fail to realize how unnecessary many things are. We’ve been using them not because we needed them but because we had them.”

-Seneca

36. “He suffers more than necessary, who suffers before it is necessary.”

-Seneca

37. “Hang on to your youthful enthusiasms you'll be able to use them better when you're older.”

-Seneca

38. “It is not the man who has too little, but the man who craves more, that is poor.”

-Seneca

39. “If a man knows not to which port he sails, no wind is favourable.”

-Seneca

40. “Luck is what happens when preparation meets opportunity.”

-Seneca

41. “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
42. “What ought one to say then as each hardship comes? I was practising for this, I was training for this.”  
-Epictetus
43. “Fortify yourself with moderation; for this is an impenetrable fortress.”  
-Epictetus
44. “If you want to improve, be content to be thought foolish and stupid.”  
-Epictetus
45. “No great thing is created suddenly, any more than a bunch of grapes or a fig. If you tell me that you desire a fig, I will answer that there must be time. Let it first blossom, then bear fruit, then ripen.”  
-Epictetus
46. “First say to yourself what you would be; and then do what you have to do.”  
-Epictetus



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

-Epictetus

48. “The trials you encounter will introduce you to your strengths. Remain steadfast... and one day you will build something that endures: something worthy of your potential.”

-Epictetus

49. “The world turns aside to let any man pass who knows where he is going.”

-Epictetus

50. “Attach yourself to what is spiritually superior, regardless of what other people think or do. Hold to your true aspirations no matter what is going on around you.”

-Epictetus

51. “You may fetter my leg, but Zeus himself cannot get the better of my free will.”

-Epictetus

52. “Seek not the good in external things; seek it in yourselves.”  
-Epictetus
53. “On the occasion of every accident that befalls you, remember to turn to yourself and inquire what power you have for turning it to use.”  
-Epictetus
54. “It is the nature of the wise to resist pleasures, but the foolish to be a slave to them.”  
-Epictetus
55. Caretake this moment. Immerse yourself in its particulars. Respond to this person, this challenge, this deed. Quit evasions. Stop giving yourself needless trouble. It is time to really live.”  
-Epictetus
56. “If you want to be a writer, write.”  
-Epictetus
57. “The key is to keep company only with people who uplift you, whose presence calls forth your best.”  
-Epictetus

58. “Be discriminating about what images and ideas you permit into your mind.”  
-Epictetus
59. “No man is free who is not a master of himself.”  
-Epictetus
60. “If anyone tells you that a certain person speaks ill of you, do not make excuses about what is said of you but answer, ‘He was ignorant of my other faults else he would not have mentioned these alone.’”  
-Epictetus
61. “It is impossible to begin to learn that which one thinks one already knows.”  
-Epictetus
62. “Don’t seek to have events happen as you wish, but wish them to happen as they do happen, and all will be well with you.”  
-Epictetus
63. “Never depend on the admiration of others. There is no strength in it. Personal merit cannot be derived from an external source.”  
-Epictetus

64. “The man who says he can, and the man who says he can not are both correct.”

-Confucius

65. “Concern should drive us into action and not into a depression. No man is free who cannot control himself.”

-Pythagoras

66. “To be like the rock that the waves keep crashing over. It stands unmoved and the raging of the sea falls still around it.”

-Marcus Aurelius

67. “Set aside now and then a number of days during which you will be content with the plainest food, and very little of it and with rough, coarse clothing, and will ask yourself, is this what once used to dread?”

-Marcus Aurelius

68. “Not to be driven this way and that, but always to behave with justice and see things as they are.”

-Marcus Aurelius

69. “Dignity does not consist in possessing honours, but in deserving them.”

-Aristotle

70. “The journey with a 1,000 miles begins with one step.”

-Confucius

71. “Character is destiny.”

-Heraclius

72. “The man who moves a mountain begins by carrying away small stones.”

-Confucius

73. “Worthless people live only to eat and drink; people of worth eat and drink only to live.”

-Socrates

74. “Concentrate every minute like a roman, like a manon doing what’s in front of you with precise and genuine seriousness, tenderly, willing, with justice, and on freeing yourself from all other distractions. Yes, you can. If you do everything as if it were the last thing you were, and stop being aimless, stop letting your emotions override what your mind tells you, stop being hypocritical, self-centred, irritable. You see how few

things you have to do to live a satisfying and reverent life? If you can manage this, that's all even the Gods can ask of you."

-Marcus Aurelius

75. "Your life is what your thoughts make it."

-Confucius

76. "He who is not a good servant will not be a good master."

-Plato

77. "Let us postpone nothing."

-Seneca

78. "Beware the barrenness of a busy life."

-Socrates

79. "Learn avidly. Question it repeatedly. Analyse it carefully. Then put what you have learned into practice intelligently."

-Confucius

80. "To erase false perceptions, tell yourself: I have it in me to keep my soul from evil, lust and all confusion. To see things as they are and treat them as they deserve.

Don't overlook this innate ability."

-Marcus Aurelius

81. "To go beyond is as wrong as to fall short."

-Confucius

82. "Never give a sword to a man who can't dance."

-Confucius

83. "All things will be produced in superior quantity and quality, and with greater ease, when each man works at a single occupation, in accordance with his natural gifts, and at the right moment, without meddling with anything else."

-Plato

84. "The tranquillity that comes when you stop caring what they say, or think or do. ONLY what you do. Not to be distracted by their darkness. To run straight for the finish line, unswerving."

-Marcus Aurelius

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

-Epictetus

86. “Real knowledge is to know the extent of one’s Ignorance.”  
-Confucius
87. “While we are postponing, life speeds by.”  
-Seneca
88. “Looking at small advantages prevents great affairs from being accomplished.”  
-Confucius
89. “A gem cannot be polished without friction, nor a man perfected without trials.”  
-Seneca
90. “People are like dirt. They can either nourish you and help you grow as a person or they can stunt your growth and make you wilt and die.”  
-Plato
91. “Suffering becomes beautiful when anyone bears great calamities with cheerfulness, not through insensibility but through greatness of mind.”  
-Aristotle



92. “Those who cannot forgive others break the bridge over which they themselves must pass”

-Confucius

93. “The superior man does not, even for the space of a single meal, act contrary to virtue. In moments of haste, he cleaves to it. In season of danger, he cleaves to it.”

-Confucius

94. “People are frugal in guarding their personal property; but as soon as it comes to squandering time they are most wasteful of the one thing in which it is right to be stingy.”

-Seneca

95. “It’s normal to feel pain in your hands and feet, if you’re using your feet as feet and your hands as hands. And for a human being to feel stress is normal, if he’s living a normal life. And if it’s normal, how can it be bad?”

-Marcus Aurelius

96. “All people are the same; only their habits differ.”

-Confucius

97. “Good character is not formed in a week or a month. It is created little by little, day by day. Protracted and patient effort is needed.”

-Heraclius

98. “To see what is right and not to do it is want of courage, or of principle.”

-Confucius

99. “When anger rises, think of the consequences.”

-Confucius

100. “If you men think that I rely on numbers, then all greece is not sufficient, for it is but a small fraction of their numbers; but if on men’s valour, then this number will do.”

-Leonidas

101. “If you don’t have a consistent goal in life, you can’t live it in a consistent way.” Unhelpful, unless you specify a goal. There is no common benchmark for all the things that people think are good. Except for a few, the ones that affect us all. So the goal should be a common one - a civic one. If you direct all your

energies toward that, your actions will be consistent.  
And so will you.”

-Marcus Aurelius

102. “There has been a constant war, a war with fear. Those who have the courage to conquer it are made free and those who are conquered by it are made to suffer until they have the courage to defeat it.”

-Alexander The Great

103. “How to act: never under compulsion, out of selfishness, without forethought, with misgivings. Don’t gussy up your thoughts. No surplus words or unnecessary actions. Let the spirit in you represent a man, an adult, a citizen, a roman, a ruler. Taking up his post like a soldier and patiently awaiting his recall from life. Needing no oath or witness. Cheerfulness. Without requiring other people’s help or serenity supplied by others. To stand up straight not straightened.

-Marcus Aurelius

104. “The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less”

-Socrates

105. “If an action or utterance is appropriate, then it’s appropriate for you. Don’t be put off by other people’s comments and criticism. If it’s right to say or do it, then it’s right thing for you to do or say. The others obey their own lead, follow their own impulses. Don’t be distracted. Keep walking. Follow your own nature, and follow nature. Along the road they share.”

-Marcus Aurelius

106. “Let us balance life’s books each day. The one who puts the finishing touches on their life each day is never short of time.”

-Seneca

107. “We have two lives, and the second begins when we realize we only have one”

-Confucius

108. “The mind is the ruler of the soul. It should remain unstirred by agitations of the flesh - gentle and violent ones alike. Not mingling with them, but fencing itself

off and keeping those feelings in their place. When they make their way into your thoughts, through the sympathetic link between mind and body, don't try to resist the sensation. The sensation is natural. But don't let the mind start in with judgements, calling it "good" or "bad."

-Marcus Aurelius

109. "Worry not that no one know you; seek to be worth knowing."

-Confucius

110. "You will never do anything in this world without courage. It is the greatest quality of the mind next to honor."

-Aristotle

111. "Act with Kindness but do not expect gratitude."

-Confucius

112. "Everywhere, at each moment, you have the option to accept this event with humility to treat this person as he should be treated to approach this thought with care, so that nothing irrational creeps in."

-Marcus Aurelius

113. “What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.”

-Pericles

114. “If you are the smartest person in the room, then you are in the wrong room.”

-Confucius

115. “When you arise in the morning, think of what a precious privilege it is to be alive to breathe, to think, to enjoy, to love.”

-Marcus Aurelius

116. “If anyone can refute me - show me I’m making a mistake or looking at things from the wrong perspective. I’ll gladly change. It’s the truth I’m after, and the truth never harmed anyone. What harms us is to persist in self-deceit and ignorance.”

-Marcus Aurelius

117. “The goal of life is living in agreement with nature.”

-Zeno Of Citium

118. “When it is obvious that the goals cannot be reached,  
don’t adjust the goals, adjust the action steps.”  
-Confucius
119. “Pleasure in the job puts perfection in the work.”  
-Aristotle
120. “Nothing that goes on in anyone else’s mind can harm  
you. Nor can the shifts and changes in the world  
around you. Then where is harm to be found? In your  
capacity to see it. Stop doing that and everything will  
be fine. Let the part of you that makes that judgement  
keep quiet even if the body it’s attached to is stabbed  
or burnt, or stinking with pus, or consumed by cancer,  
or to put it another way: It needs to realize that what  
happens to everyone bad and good alike, is neither  
good nor bad. That what happens in every life, lived  
naturally or not is neither natural or unnatural.”  
-Marcus Aurelius
121. “Disgraceful: For the soul to give up when the body is  
still going strong.”  
-Marcus Aurelius

122. “Determine that today you will overcome yourself of the day before, tomorrow you will win over those of lesser skill, and later you will win over those of greater skill.”

-Miyamoto Musashi

123. “If you think in terms of a year, plant a seed; if in terms of ten years, plant trees; if in terms of 100 years, teach the people.”

-Confucius

124. “I have become so great as I am because I have won men’s hearts by gentleness and kindness.”

-Saladin

125. “Do not indulge in dreams of having what you have not, but reckon up the chief of the blessings you do possess, and then thankfully remember how you would crave for them if they were not yours.”

-Marcus Aurelius

126. “The mind is the most powerful thing in the world. The mind has capabilities that are so unknown, and being able to tap into that is on the other side of suffering.”

-David Goggins



127. “Here is a rule to remember in future, when anything tempts you to feel bitter: not this is misfortune, but to bear this worthily is good fortune.”  
-Marcus Aurelius
128. “The essence of knowledge is, having it, to use it.”  
-Confucius
129. “Not to live as if you had endless years ahead of you. Death overshadows you while you’re alive and able be good.”  
-Marcus Aurelius
130. “It takes less courage to criticize the decisions of others than to stand by your own.”  
-Attila The Hun
131. “One joy dispels a hundred cares.”  
-Confucius
132. “There is nothing outside yourself that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within.”  
-Miyamoto Musashi

133. “Choose a job you love, and you will never have to work a day in your life.”

-Confucius

134. “Victory is reserve for those who are willing to pay its price.”

-Sun Tzu

135. “You are what you think.”

-Confucius

136. “To be like the rock that the waves keep crashing over. It stands unmoved and the raging of the sea falls still around it.”

-Marcus Aurelius

137. “The man who asks a question is a fool for a minute, the man who does not ask is a fool for life.”

-Confucius

138. “The successful warrior is the average man, with laser-like focus.”

-Bruce Lee

139. “Don’t complain about the snow on your neighbour’s roof when your own doorstep is unclean.”  
-Confucius
140. “Study the past if you would define the future.”  
-Confucius
141. “I never did anything worth doing by accident, nor did any of my inventions come by accident; they came by work.”  
-Plato
142. “It is more shameful to distrust our friends than to be deceived by them.”  
-Confucius
143. “Do external things distract you? Then make time for yourself to learn something worthwhile; stop letting Yourself be pulled in all directions. But make sure you guard against the other kind of confusion. People who labor all their lives but have no purpose to direct every thought and impulse toward are wasting their time even when hard at work.”  
-Marcus Aurelius

144. “The strength of a nation derives from the integrity of the home.”

-Confucius

145. “The more things you can do to get outside of that zone that makes you feel good, the stronger your mind is going to get. It starts getting used to doing things like this. It’s not fun, but now my mind is used to it.”

-David Goggins

146. “Anyone can find the switch after the lights are on.”

-Confucius

147. “Not to borrow the strength of another, nor to rely on one’s own strength; to cut off past and future thoughts, and not to live within the everyday mind. Then the great way is right before your eyes.”

-Yamamoto Tsuneton

148. “The Ideal man bears the accidents of life with dignity and grace, making the best of circumstances.”

-Aristotle

149. “The only reason why I became successful was because I went towards the truth. As painful and as brutal as it is, it changed me. It allowed me, in my own right, to become the person who I am today.”  
-David Goggins
150. “Those who are able to see beyond the shadows and lies of their culture will never be understood, let alone believed, by the masses.”  
-Plato
151. “If virtue promises happiness, prosperity and peace, then progress in virtue is progress in each of these.”  
-Epictetus
152. “I slept and dreamt life is beauty, I woke and found life is duty.”  
-Confucius
153. “I fear not the man who has practised 10,000 kicks once, but I fear the man who has practised one kick 10,000 times.”  
-Bruce Lee

154. “They must often change, who would be constant in happiness or wisdom.”

-Confucius

155. “It is during our darkest moments that we must focus to see the light.”

-Aristotle

156. “It may seem difficult at first but everything is difficult at first.”

-Miyamoto Musashi

157. “But where life is more terrible than death, it is then the truest valour to dare live.”

-Inazo Nitobe

158. “Any person capable of angering you becomes your master.”

-Epictetus

159. “Sweat more during peace: bleed less during war.”

-Sun Tzu

160. “There is nothing impossible to him who will try.”

-Alexander The Great