
January 29th
KEEP IT SIMPLE

“At every moment keep a sturdy mind on the task at hand, as a Roman and human being, doing it with strict and simple dignity, affection, freedom, and justice—giving yourself a break from all other considerations. You can do this if you approach each task as if it is your last, giving up every distraction, emotional subversion of reason, and all drama, vanity, and complaint over your fair share. You can see how mastery over a few things makes it possible to live an abundant and devout life—for, if you keep watch over these things, the gods won’t ask for more.”

—MARCUS AURELIUS, *MEDITATIONS*, 2.5

Each day presents the chance to overthink things. What should I wear? Do they like me? Am I eating well enough? What’s next for me in life? Is my boss happy with my work?

Today, let’s focus just on what’s in front of us. We’ll follow the dictum that New England Patriots coach Bill Belichick gives his players: “Do your job.” Like a Roman, like a good soldier, like a master of our craft. We don’t need to get lost in a thousand other distractions or in other people’s business.

Marcus says to approach each task as if it were your last, because it very well could be. And even if it isn’t, botching what’s right in front of you doesn’t help anything. Find clarity in the simplicity of doing your job today.