

# Beginning

Hey, amazing people, we are delighted to write this eBook for you, and finally, we can share this with you. This eBook is our gift for you for Christmas and New Year in 2021 and we hope that it will help you to be your best version in 2021

-with a growth mindset

-with higher awareness and

-with a higher quality of life

If you read this then that means that you are a life creator.

WARNING: Don't read this eBook if you're not gonna apply min. 2 things in your life

So we don't want to talk more, therefore let's dive in.

## Accept What you can't control

A lot of people are overthinking about things that they can't control like Covid 19. When it was a quarantine most people were watching the whole time news or they were texting their friends how many people died or their struggles about Covid 19. But if you think more deeply you will understand that you can't control this Pandemic, the Covid 19 and if you think like most people then you are wasting your time and your energy. Epictetus had a lot of thoughts about this and he said: "Some things are in our control, while others are not. Even more, things in our control are by nature free, unhindered, and unobstructed, while those not in our control are weak, slavish, can be hindered, and are not our own."

Accept what you can't control and remember you don't control the situation but you control how you respond to it.

But why do you think about that all the time, spend your energy and time on it? It's because you want that dopamine (feeling pleasure). **Axyusak 1**

You don't and can't control these situations, instead, you can control: -Your thoughts, -Your response, -Your attitude, -Your actions, -Your words, -Your behavior, -Your creativity, -Your choices **Axyusak 2**

So pay attention to what you can control and what not.

# Stoics Morning Ritual

Marcus Aurelius the Roman emperor from 161 to 180 and a stoic philosopher would say “At dawn when you awake, know that you are getting up to do the work of a human being” We are always tired and don't want to wake up and snooze the alarm clock. We have to understand that we are all humans and we have to get work done so why snoozing the alarm? Waking up early and starting journaling was the first step for Marcus Aurelius. But what has he done that can be useful for us? Or how do we journal like a stoic?

You just have to write your thoughts on paper! Here are helpful questions to ask yourself in the morning (Epictetus would ask himself these questions)

- What am I lacking in attaining freedom from passion?
- What did I do that was unfriendly, unsocial, or uncaring? and Why?
- What am I? A mere body, estate-holder, or reputation?
- Maybe a rational being?
- How will I come closer to my goals today?
- How can I ensure that what I do is right?

One of the morning activities Marcus Aurelius has done was telling himself that he will deal with people who will be Meddling, ungrateful, dishonest, arrogant, jealous, and surly. This will help you recognize that there will always be people like that, so what's the point to be angry and waste your time on it? Marcus Aurelius would say “We were born to work together like feet, hands, and eyes, like two rows of teeth, upper and lower. To obstruct each other is unnatural”

## Memento Mori

“You could leave life right now. Let that determine what you do and say and think”  
Marcus Aurelius

Memento Mori is a Latin word that means “Remember that you will die”. So is this now something positive or negative? Can we take some advantage of knowing this? Of course. Remembering that one day you will die (It can be even now) will be the greatest motivator for you. So why do you care what happened last year (bad event) that will destroy you now and you know this? Why are you dreaming all the time about the future, how great it will be, what person you will be? Instead, concentrate on now and what you can influence and do now! Marcus Aurelius would say “You can't lose either the past or the future, how could you lose what you don't have?”

## You will lose your present

“Present is all that you can give up, since that is all you have, and what you don't have, you can't lose” Marcus Aurelius

You can lose your present, but what to do to not lose it and stay present? Stoics were purposeful in their actions. Even Marcus Aurelius was saying that no action will be done without purpose. Without knowing the “why” of the purpose of our actions, we have something incomplete. We can't buy time and it doesn't stop no matter how hard we try, so try to spend your time on the things that have a purpose.

Seize the day to improve yourself and use every moment to do the action. It is truly up to us what we choose. For example, when we drive a car or wait at a doctor in surgery, we can either choose to hear music or to hear a podcast.

## **Productivity hacks from stoics**

One of the hacks is to do the most important task first because you don't know what will happen after 3 or 4 hours (Memento Mori). What you can control is to do it directly when you wake up and you will see how your life improves. The second hack is to do the work in front of you without distractions. Marcus Aurelius would say “Concentrate every minute like a Roman-like a man-on doing what's in front of you with precise and genuine seriousness, tenderly, willingly, with justice”. Greg McKeown was talking about this in his book “Essentialism”. These days it's so hard to not get distracted, because of all the social media and people who want our attention... take your wifi off, activate the plane mode on your phone, concentrate on one thing at a time and you will see that you get more done then you have expected. Axyusak 3

## **Action, action, action**

Nobody believed that Demosthenes could be the greatest orator of ancient Greek. When he was born he had a speech defect. His father died when he was 7 years old. So he grew up and everybody was making fun of him, bullying him because of his speech. One day he went to a court in an Athen and heard the speech of a great speaker. He was inspired because the speaker forced his opponent on his knees with his voice and power. The speaker was the complete opposite of Demosthenes. He started to learn how to speak the right way and learned to sound more strong

and clear. In his basement, he learned and practiced every day to speak better and to make the right gestures while speaking. In every moment when he spoke with someone, he analyzed the situation and wanted to learn all the time. His speeches became greater and greater. He won a lot of debates and became stronger every time. And one day he became one of the best orators in Athen. Rhetoric teachers asked what his best 3 tips for a good speech are, and he said “Actions, actions, actions” You Probably ask what’s the point? The Moral of this story is that he had tough times in his life and he could even give up because there were now ways in the beginning, but he reacted to this situation differently, learned in every step, he was the greatest orator from Athen and now we are learning about him and his story. When you are feeling bad, when life hits your face, when you face obstacles and feel weak, start taking action in order to change your situation and don't do the opposite of it (Go and make a party, sleep little, not improve yourself). You have the choice to make everything better for you so why are you struggling until now? Why don't you make that first step?

## **Fear and anxiety**

“When I see an anxious person, I ask myself, what do they want? For if a person wasn’t wanting something outside of their own control, why would they be stricken by anxiety” -Epictetus

The nervous investor who invested in stocks last year, because its stocks have grown up to X% and he could make a lot of money. But he is afraid and anxious, what will happen 1 year later? Maybe the market will crash or the stocks will go down and he will lose all his money and energy that he has invested. Or the anxious brother who always wants the safeness of his sister. That’s impossible! We always concentrate on the past or future and are so anxious that we can’t even understand what is happening. It's really hard to accept what happened to us in the past when someone rejected us. The past is outside our control, we can't do anything, we can learn from the mistakes, experiences, and accept it! The present can also make us anxious when we think about the past or future, it means we are not mindful and can't stay in the present moment. Mindfulness is the key here to stay present. So you will be more mindful: You can meditate, journal and control what you can control. We hope that our future will be this and not that and we lose our present (the most important thing). By worrying about different outcomes we think that it can give us something, but that's not true. Remember Amor Fati (The love of fate), do what you have to do now, and control what you can control now.

## **Amor Fati (A love of what happens)**

“Do not seek for things to happen the way you want them to; rather, wish that what happens, happens the way it happens: then you will be happy.” -Epictetus

Do you remember when something bad happened to you and you always said why me? Why should I suffer and others not? Is something wrong with me? That's what happened to me when I got rejected by many football clubs and when another team said you can come to a trial and I always had an injury or something happened to me. I was feeling stuck because I thought I would never change my team and play in a higher league that would bring me closer to my goal. I spent my energy and time thinking and suffering. Why always me? I train harder than others, I have a goal but it seems impossible. After 2 years (now) I am going to change my team after 1 month and play to a higher league and all that suffering was unnecessary. Amor Fati means loving our fate. It is a Stoic mindset that you take on for making the best out of anything that happens. It's something we have to embrace and not avoid. As I always say obstacles and adversities can become the fuel of our potential and we will grow tremendously. Axyusak

## **Law of attraction is a bulls\$\$t**

“Stop wishing for something else to happen, for a different fate. That is to live a false life.” -Robert Greene

You probably hear and consume a lot of content in which the creator or influencer says visualize your dream car, dream house, or dream place to live and you will have it. But can you really have it? We always wish for something to happen and when it doesn't then we suffer and feel bad about it. The wishing often halts the doing and that's the worst thing that can happen. Visualizing a better state (being free, having a lot of money, having a family, dream life, dream place, being happy) distracts us to take the necessary steps to address our current fate. What matters is to accept and love what happens to us or I would say for us, take the necessary steps and act.