



Jade Bonacolta 

7 Italian concepts that will
change your life:



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1. Il dolce far niente

“The sweetness of doing nothing”

Lessons:

- Master the art of enjoying the moment— without the need to be productive or busy.
- Take time to recharge. (You’ll have your most creative ideas if you give your mind a rest anyway).



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2. Festina lente

“Make haste, slowly”

Lessons:

- It’s better to take small, measured steps in the right direction (than fast leaps in the wrong direction).
- Set tiny, short-term goals— don’t try to accomplish everything all at once.



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3. Fare una passeggiata

“Go for a walk”

Lessons:

- Italians have a nightly ritual: go for a stroll with loved ones after dinner, usually between 5-8pm.
- Take a walk to clear your mind, reduce stress and anxiety, and connect with your surroundings.



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4. Lupus in fabula

“The wolf in the fairytale”

Lessons:

- There’s always an unexpected obstacle around the corner.
- Plan for risk (especially if things seem too good to be true).



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5. Anni, amori, e bicchieri di vino —
non si contano mai.

“Years, lovers, and glasses of wine —
these should never be counted.”

Lessons:

- Age is just a number. You are never “too old” to reinvent yourself.
- Life is short, and must be lived to its fullest. Cherish and celebrate the most enjoyable moments.



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6. Sprezzatura

“Making something look effortless”

Lessons:

- Try to cultivate a sense of ease in everything you do (even when facing challenges).
- Quiet confidence is highly alluring.



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7. La vita é bella

“Life is beautiful”

Lessons:

- You don't need life-changing milestones to experience joy.
- Notice the little things: the first sip of coffee, a stunning sunset, a long laugh with loved ones.
- Italians know how to savor every moment.

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