

## Beliefs / Strategies / Goals

Beliefs	Strategies	Goals
<ul style="list-style-type: none"><li>● If you are unhappy, it is your fault</li><li>● Everything is temporary</li><li>● Fatalism</li><li>● Hedonism is not the path to happiness</li><li>● Fame and Fortune are overrated</li><li>● A philosophy of life must be lived</li></ul>	<ul style="list-style-type: none"><li>● Have nothing you are not prepared to lose</li><li>● Live simply</li><li>● Negative visualization</li><li>● Exercise self-denial</li><li>● Resist materialism</li><li>● Accept what cannot be changed</li><li>● Refuse to consider yourself a victim</li><li>● Practice Misfortune</li></ul>	<ul style="list-style-type: none"><li>● Be satisfied with your current situation</li><li>● Maximize positive emotions, minimize negative emotions</li></ul>

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Stoicism (When used to describe a person):

Repression of emotion and indifference to pleasure or pain. (1)

The endurance of pain or hardship without a display of feelings and without complaint. (2)

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Stoicism (The School Of Thought)

An ancient Greek school of philosophy founded at Athens by Zeno of Citium. The school taught that virtue, the highest good, is based on knowledge, and that the wise live in harmony with the divine Reason (also identified with Fate and Providence) that governs nature, and are indifferent to the vicissitudes of fortune and to pleasure and pain.

