

Marcus Aurelius

Roman emperor & Stoic philosopher • 121 - 180 AD



“ You have power over your mind - not outside events. Realize this, and you will find strength.

— Marcus Aurelius

WHO WAS HE?

Marcus Aurelius was the emperor of Rome, which made him the most powerful person alive - and he spent most of his life at war, dealing with plague, and trying to be a decent man anyway. At night he wrote short notes to himself about staying calm, being fair, and not wasting time on anger. Those private notes became a book called *Meditations* that people still read almost two thousand years later.

THINK ABOUT IT

Name one thing today that you cannot control, and one thing you can. What will you do with the part that is yours?
