

Epictetus

Greek Stoic philosopher • 50 - 135 AD



“ **It is not what happens to you, but how you react to it that matters.**

— Epictetus

WHO WAS HE?

Epictetus was born a slave in the Roman Empire and walked with a limp for his whole life. Even while enslaved he was allowed to study philosophy, and after he was freed he opened his own school and taught for the rest of his days. His big idea was simple: you do not get to choose what happens to you, but you always get to choose what you do next.

THINK ABOUT IT

Think of something that went wrong this week. What is one better way you could react if it happens again?
