

**KEEP CALM AND CARRY ON**



# ON LIFE

1. Something happens to you. Good. It was meant for you by nature, woven into the pattern from the beginning.
2. Don't be disturbed. Uncomplicate yourself.
3. Forget everything else. Keep hold of this alone and remember it: Each of us lives only now, this brief instant. The rest has been lived already, or is impossible to see.
4. It's unfortunate that this has happened. No. It's fortunate that this has happened and I've remained unharmed by it. So remember this principle when something threatens to cause you pain: the thing itself was no misfortune at all; to endure it and prevail is great good fortune.
5. So there are two reasons to embrace what happens. One is that it's happening to you. It was prescribed for you, and it pertains to you. The thread was spun long ago, by the oldest cause of all – the *logos*.
6. Nothing can happen to me that isn't natural.
7. Nothing happens to anyone that he can't endure. The same thing happens to other people, and they weather it unharmed.
8. A resolve to accept whatever happens as necessary and familiar.
9. Our job is to do people good and put up with them. But when they obstruct our proper tasks, they become irrelevant to us—like sun, wind, animals. Our actions may be impeded by them, but there can be no impeding our intentions or our dispositions. Because we can accommodate and adapt. The mind adapts and converts to

its own purposes the obstacle to our acting. The impediment to action advances action. What stands in the way becomes the way.

10. Keep in mind how fast things pass by and are gone— those that are now, and those to come. Existence flows past us like a river: the “what” is in constant flux, the “why” has a thousand variations. Nothing is stable, not even what’s right here. The infinity of past and future gapes before us—a chasm whose depths we cannot see. So it would take an idiot to feel self-importance or distress. Or any indignation, either. As if the things that irritate us lasted.
11. You need to avoid certain things in your train of thought: everything random, everything irrelevant. And certainly everything in the past and in the future.
12. He does only what is his to do, and considers constantly what the world has in store for him—doing his best, and trusting that all is for the best. For we carry our fate with us —and it carries us.
13. Constant awareness that everything is born from change. The knowledge that there is nothing nature loves more than to alter what exists and make new things like it.
14. There is nothing bad in undergoing change—or good in emerging from it.
15. Everything that happens is as simple and familiar as the rose in spring, the fruit in summer: disease, death, blasphemy, conspiracy . . . everything that makes stupid people happy or angry.
16. Suppose that a god announced that you were going to die tomorrow “or the day after.” Unless you were a complete coward you wouldn’t kick up a fuss about which day it was —what difference could it make? Now recognize that the difference between years from now and tomorrow is just as small.

17. In short, know this: Human lives are brief and trivial. Yesterday a blob of semen; tomorrow embalming fluid, ash.
18. When you wake up in the morning, tell yourself: The people I deal with today will be meddling, ungrateful, arrogant, dishonest, jealous, and surly.
19. Concentrate every minute like a Roman—like a man—on doing what's in front of you with precise and genuine seriousness. And on freeing yourself from all other distractions. Yes, you can—if you do everything as if it were the last thing you were doing in your life, and stop being aimless, stop letting your emotions override what your mind tells you, stop being hypocritical, self-centered, irritable. You see how few things you have to do to live a satisfying and reverent life?
20. Do external things distract you? Then make time for yourself to learn something worthwhile; stop letting yourself be pulled in all directions.
21. Nothing is more pathetic than people who run around in circles, “delving into the things that lie beneath” and conducting investigations into the souls of the people around them, never realizing that all you have to do is to be attentive to the power inside you and worship it sincerely. To worship it is to keep it from being muddled with turmoil and becoming aimless and dissatisfied with nature—divine and human. What is divine deserves our respect because it is good.
22. The speed with which all of them vanish—the objects in the world, and the memory of them in time. And the real nature of the things our senses experience, especially those that entice us with pleasure or frighten us with pain or are loudly trumpeted by pride. To understand those things—how stupid, contemptible, grimy, decaying, and dead they are— that's what our intellectual powers are for.

23. Human life. Duration: *momentary*. Nature: *changeable*. Perception: *dim*. Condition of Body: *decaying*. Soul: *spinning around*. Fortune: *unpredictable*. Lasting Fame: *uncertain*. Sum Up: The body and its parts are a river, the soul a dream and mist, life is warfare and a journey far from home, lasting reputation is oblivion. Then what can guide us? Only philosophy. Which means making sure that the power within stays safe and free from assault, superior to pleasure and pain, doing nothing randomly, not dependent on anyone else's doing something or not doing it. And making sure that it accepts what happens and what it is dealt as coming from the same place it came from.

24. A mess of blood, pieces of bone, a woven tangle of nerves, veins, arteries.

25. At dawn, when you have trouble getting out of bed, tell yourself: "I have to go to work—as a human being. What do I have to complain of, if I'm going to do what I was born for—the things I was brought into the world to do? Or is this what I was created for? To huddle under the blankets and stay warm?

—But it's nicer here. . . .

So you were born to feel "nice"? Instead of doing things and experiencing them? Don't you see the plants, the birds, the ants and spiders and bees going about their individual tasks, putting the world in order, as best they can? And you're not willing to do your job as a human being? Why aren't you running to do what your nature demands?

—But we have to sleep sometime. . . .

Agreed. But nature set a limit on that—as it did on eating and drinking. And you're over the limit. You've had more than enough of that. But not of working. There you're still below your quota.

# ON SELF-IMPROVEMENT

1. Being a Man is a Lonely Business, so endure.
2. While they are happily settling for an average life you will be slowly building yourself up, you will be building yourself into something greater.
3. It takes a lot of time and effort.
4. If you want to become excellent you will have to take off all the shackles of comfort that are afforded to *betas*. Society, the media, and every other influence is doing their best to make you a *beta* again.
5. You may have to endure family and friends trying to bring you back down to their level.
6. Have a mission and go for it.
7. Life is pretty shit by default. Reality is a pretty shitty place, but you need to understand it to be able to have the power to cultivate your own reality into what you want it to be. This is why it's important to develop a coping mechanism. Building yourself can cause growing pains, but as long as you have direction and are still growing and seeing progress that's OK.
8. If a problem in your life is broke, fix it.
  - Overweight? Eat less, do more.
  - Can't workout because of injury? Find workouts you can do which won't exacerbate the injury.
  - Miserable fuck? Find shit that makes you laugh.
  - People in your life bring you down? Get the fuck rid of them. Just avoid them as much as you can.
  - Not got any friends? Socialise more, drink some alcohol, go to the comedy club.
  - Spending too much money? Downsize.
  - Can't earn enough money? Hustle. Get educated. Do something. Give up on yourself and the world will too.

9. Life is fucking hard and unfair. Stop feeling sorry for yourself, toughen the fuck up. Sometimes it's tough, find a way to cope. Fix your problems. Stop finding excuses. Give yourself a slap. Feeling lazy right now? Go under the shower for 2 minutes, make sure it's cold.
10. Monk mode. Discipline yourself. Get up early, go to classes, go to work, hit the gym, eat good food and it's 11 PM, time for bed.
11. The easiest way to raise your value as a man is to spend a majority of your day engaged in high value activities.
12. We know instinctively what are high value activities.
13. "Does this activity help me achieve my goals?"
14. "Adapt what is useful, reject what is useless, and add what is specifically your own." - Bruce Lee
15. Expect rejection from people.
16. Validate yourself through your self-improvement, as long as you keep momentum you are secure with yourself. Self-reliant.
17. Nonchalance and indifference. Uncaring of small matters.
18. You embrace pain and use it as a power source to keep pushing you further with your goals. As long as you have your pain and the motivation that brings, nothing any other fuck can say really does a dent in your psyche. If you've been to hell and back what does it matter that some cunt thinks X about you? Whatever. People who harness pain are stronger than people who hide from it in fear. You have learnt to make pain your friend rather than your enemy.
19. You don't indulge in time wasting drama, you get the fuck on with your shit. Drama is time rape.
20. You hold eye contact for longer with people. (confidence)
21. Your voice is deeper. (lifting)
22. You realise you're on your own in this world. Everything is down to you. You can only rely on you. People come and go, friends, women, whatever. You make yourself dependable for your needs.
23. When nobodies talk shit about you, you laugh instead of getting offended.
24. Take more risks. You are bold.

25. You get shit done.