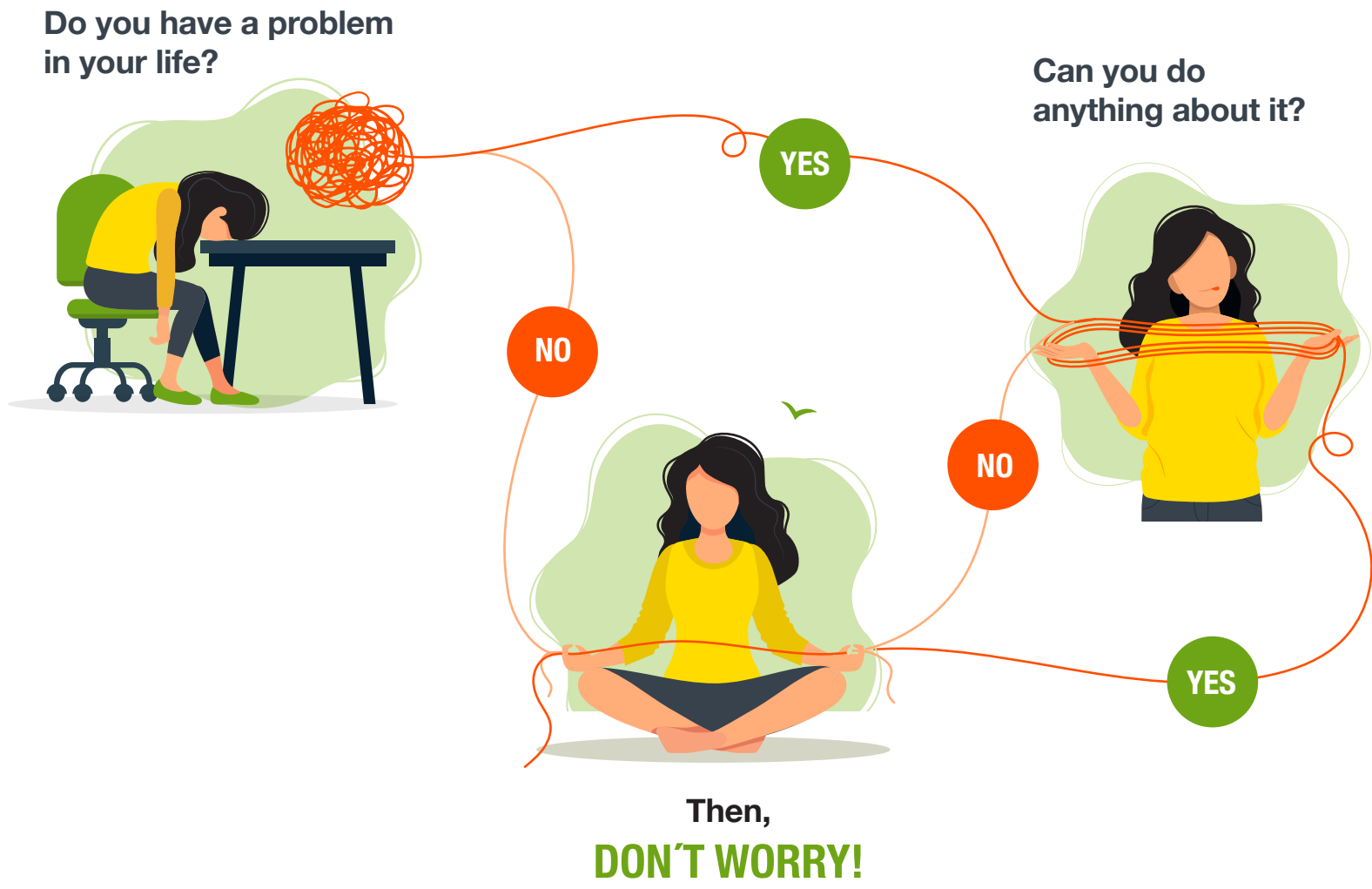


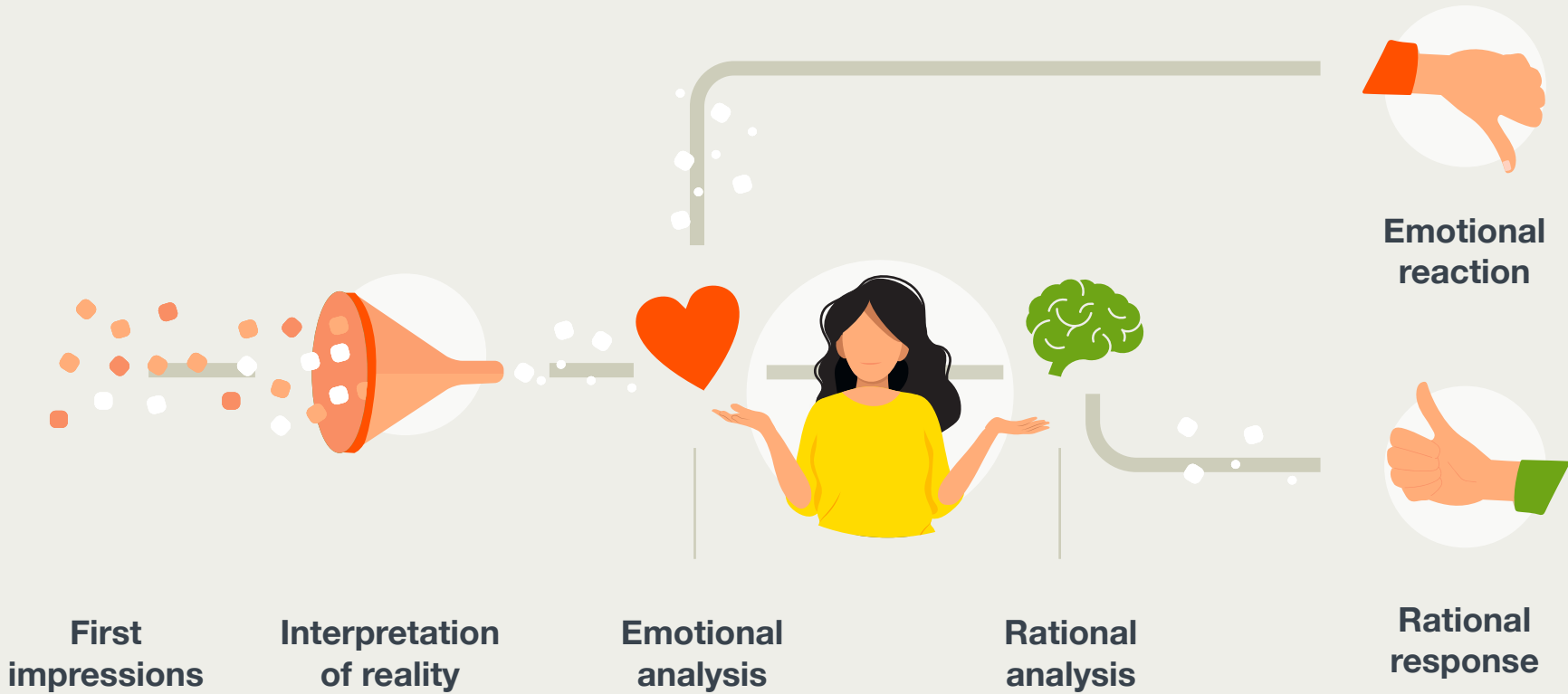
STOICISM

It is a philosophy that aims to give direction to our lives. It provides concrete tools to enhance happiness and overcome adversity



And how is this achieved?

The aim is to separate perception from reality on the basis of rational analysis



What is achieved?

Stoicism is a framework for decision-making that maximises your chances of long-term success

ACTION	SHORT-TERM RESULT	LONG-TERM RESULT
Acting with virtue	Being valued by others	Access to more opportunities
Accepting reality	More information	Better decisions
Controlling emotions	Emotional stability	
Focus on what you can control	less time/energy wasted	Increased effectiveness and efficiency

Sources: bbc.com, fitnessrevolucionario.com