

Get It From Yourself

The End of Disappointment - by Sgt. Steve

Anytime you expect **ANYTHING** from **ANYONE** else, there is a risk of disappointment. As we live life and mature, we will naturally suffer some of these disappointments. Most of us learn not to get our hopes up too much. Managing your expectations of people is a good policy.

But to take your progress another step, to learn to be happy instead of just settling for "not being too disappointed"; you should take some advice from Epictetus.





“If you want something good, get it from yourself.”

- EPICTETUS

*This isn't a cynical or defensive statement. This isn't something we think out of self-pity. **This is a mission statement that puts the power in your hands.***

Wisdom means understanding what is good and bad in life. Nobody can give you anything that even compares to the things that you can give to yourself. He meant that your Virtue, your point of view, your beliefs, your opinions and ultimately your feelings are up to you.

THE GIFTS ONLY YOU CAN GIVE

-  Nobody can give you the gift of peace or happiness.
-  Nobody can give you fulfillment or purpose in a decorated box.
-  Nobody can grant you the ability to feel gratitude or love.
-  Nobody can give you a present that makes you more kind, capable, or trustworthy.

All of these truly important gifts are things that you give to yourself. So why put that expectation on other people? The source of everything good or truly valuable in your life comes from within.

Once you realize this, you gain the ability to **cut out the middle-man.** You don't have to rely on anyone else for your happiness or your sense of well-being.

As Seneca said, the main benefit of practicing philosophy is that you learn to be a friend... to yourself.

**Amor Fati,
Sgt. Steve**