

Talking To Yourself

Mastering the Internal Monologue - by Sgt. Steve

If you have figured out that how you talk to yourself matters a whole lot: **then congratulations!** You are absolutely right, and your wellness very much depends on how you talk to yourself.

For me personally, my most common Stoic practice is controlling my internal monologue. I've developed a whole list of sayings, ideas, and quotes that I repeat to myself.

I went through my journal and copied some of the most frequent ones for you below. Please note that most of these are based off something I read. I don't take credit for them, but I hope they serve you well.

- The wise person does nothing reluctantly.
- Find the good in this.
- “Nobody cares, work harder.” – Cam Hanes
- Your feelings are your responsibility.
- Don’t imagine conflict, don’t imagine problems. Most never happen.
- Don’t argue with people in your head.
- Wisdom, Justice, Courage, Discipline (The playbook, and the goal)
- Will you care about this when you retire or on your deathbed?
- Average work = average results.
- **Amor Fati, Amor Fati, Amor Fati**
- Every decision... easy or excellent?

- Everything is on loan, you own nothing but your choices.
- Hard and uncomfortable things are good for you.
- If they can force you to betray your virtue, you have forgotten how to die.
- Be happy with small improvements.
- You are going to get old, you are going to die, it is a guarantee. In the face of that, the most logical thing is to chase dreams, and appreciate what you have.
- You are so lucky. Be grateful for everything and everyone, even when they are being human.
- Be in the moment, the past is a memory, the future is a fantasy. Be where your feet are.
- You have one job: be good.
- Can you do something about it? Good, don't worry. Can't do something about it? Good, worry is pointless.
- You don't have to care about every little thing. You don't have to have an opinion.
- Boost others, be kind, and be a friend. You'll never regret it.
- **Stop!!!** Stop complaining, stop judging, stop whining. None of that serves you or anyone else.
- No days off, work on your goals every single day.
- Take a deep breath, and smile.
- Somebody is watching you. You are setting an example. Be someone worth watching.
- Earn every day.
- What would the hero of this story do right now?

- Be a human-being not a human-doing. The whole point is happiness. Don't lose sight of that in the grind.

Many of these are based off things I learned from various Stoic authors and practices. If you would like to learn more about any specific one or are just curious about where I came up with any of these, please reach out and I'll dig up the original material for you.

**Amor Fati,
Sgt. Steve**