

# 7 Powerful Stoic Quotes That Will

**Change Your Work**

**& Life**





**Eric Partaker**  
ERICPARTAKER.COM

# 1) "The unexamined life is not worth living." - Socrates

## Lessons:

- Self-awareness is essential for living a fulfilling life.
- Reflect, identify strengths/weaknesses, seek feedback.





**Eric Partaker**  
ERICPARTAKER.COM

**2) "We are what we repeatedly do. Excellence, therefore, is not an act, but a habit."**

**- Aristotle**

**Lessons:**

- Consistency is key to achieving excellence.
- Establish daily habits that lead to goal achievement.



ERICPARTAKER.COM





**Eric Partaker**  
ERICPARTAKER.COM

**3) "It is not that we have a short time to live, but that we waste a lot of it."**

**- Seneca**

**Lessons:**

- Time is a precious resource, use it wisely.
- Prioritize activities that align with values/goals.



ERICPARTAKER.COM





**Eric Partaker**  
ERICPARTAKER.COM

**4) "The greatest wealth is to live content with little."**

**- Plato**

**Lessons:**

- True wealth is measured in experiences, not possessions.
- Cultivate gratitude, eliminate unnecessary clutter and distractions.



ERICPARTAKER.COM





**Eric Partaker**  
ERICPARTAKER.COM

# 5) "It's not what happens to you, but how you react to it that matters." - Epictetus

## Lessons:

- Choose constructive responses to challenges and setbacks.
- Our perception and response to events shape our experience and well-being.



ERICPARTAKER.COM





**Eric Partaker**  
ERICPARTAKER.COM

# 6) "The happiness of your life depends upon the quality of your thoughts." - Marcus Aurelius

## Lessons:

- Practice mindfulness and challenge negative thinking patterns.
- Nurture a constructive and optimistic mindset.



ERICPARTAKER.COM





**Eric Partaker**  
ERICPARTAKER.COM

**"7) Well-being is realized by small steps, but it is truly no small thing." - Zeno**

**Lessons:**

- Break down goals into manageable steps, celebrate small victories.
- Progress and well-being are achieved through consistent, incremental efforts.



ERICPARTAKER.COM







If you like content like this  
**follow me, Eric Partaker,** and  
**click the notification bell** on  
my profile for daily updates.



How do you typically start your work day?

Most people start it in their inbox, or perhaps on social media.

Little do they realize they're taking a sledge hammer to their ability to focus, instantly scattering their thoughts and concentration across a myriad of things.

It's as if they've dropped themselves into a pinball machine at the start of their day, so they can be bounced from one person's agenda to the next.

Soon that morning email session turns into some phone calls, and then some meetings, followed by a few urgent requests that come knocking on the door. Suddenly we reach the end of the day, wondering where it went and feeling frustrated that we didn't get to what mattered most.

And that doesn't feel very good, does it?

So, I challenge you to break away from the pack. To do and think differently.

For just the next 7 days, start your day being creative before reactive. For just the first 60 minutes of your work day refuse to go into your inbox. In fact, I highly recommend that you don't even check your inbox while getting ready for work at home (and I bet that sounds absolutely terrifying, right?).