

Marcus Aurelius' two values:

1. Act justly
2. Love that which is allotted to us

*Desire*: we often like things that are bad for us.

Question:

-Is better to have a life full of achievement than one of happiness?

-How can we be realistic about our lives and still be happy?

“If you set yourself to your present task along the path of true reason, with all determination, vigor, and good will: if you admit no distraction, but keep your own divinity pure and standing strong, as if you had to surrender it right now; if you grapple this to you, expecting nothing, shirking nothing, but self-content with each present action taken in accordance with nature and a heroic truthfulness in all that you say and mean - then you will lead a good life. And nobody is able to stop you.”

-Anxiety and despair isn't caused by real things, but rather what we think about those things.

Depressive Realism: the negative bias found in depressed individuals makes them more likely to accurately analyze performance.