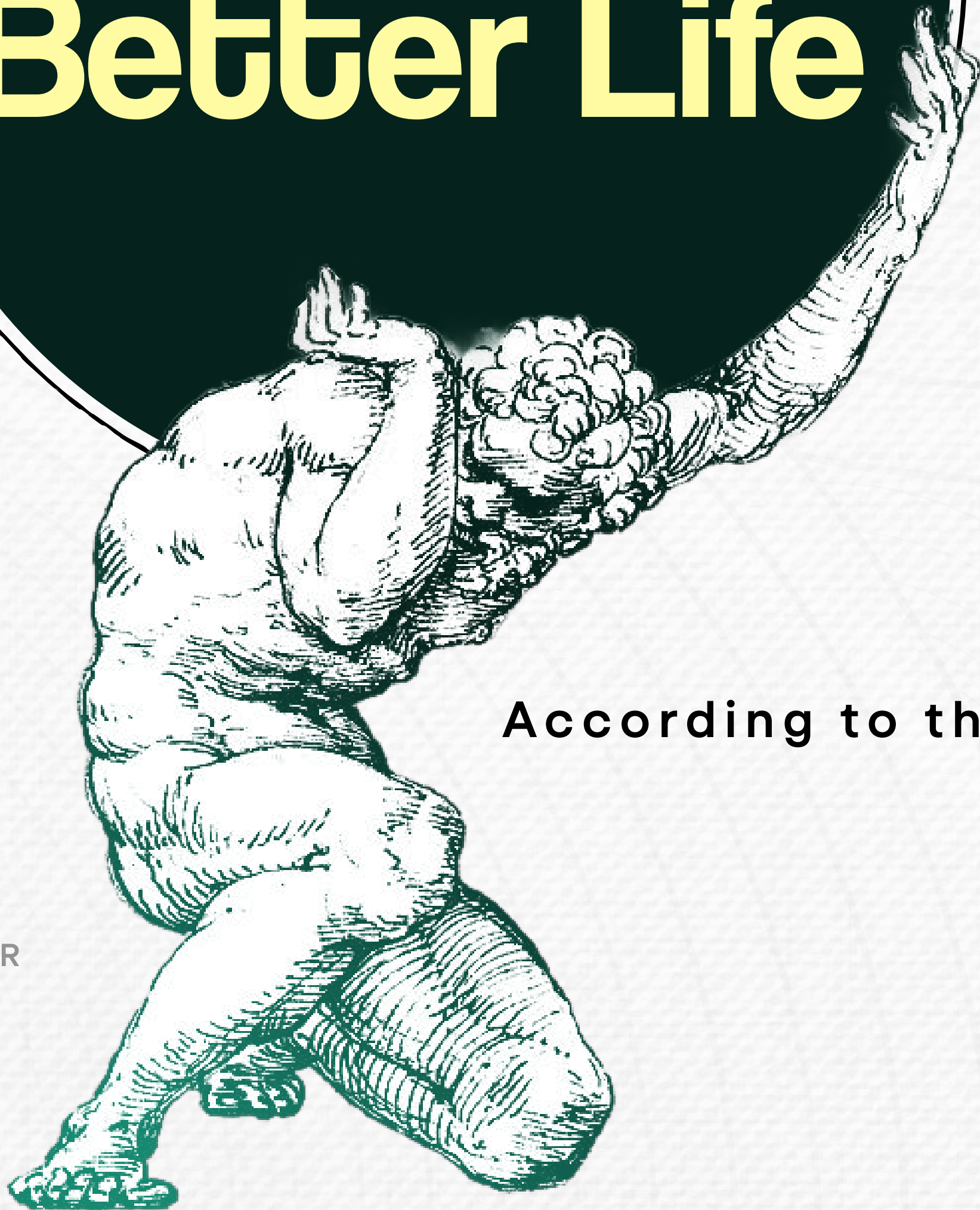


8 Rules **for a** **Better Life**

According to the Stoics



NADER ALNAJJAR



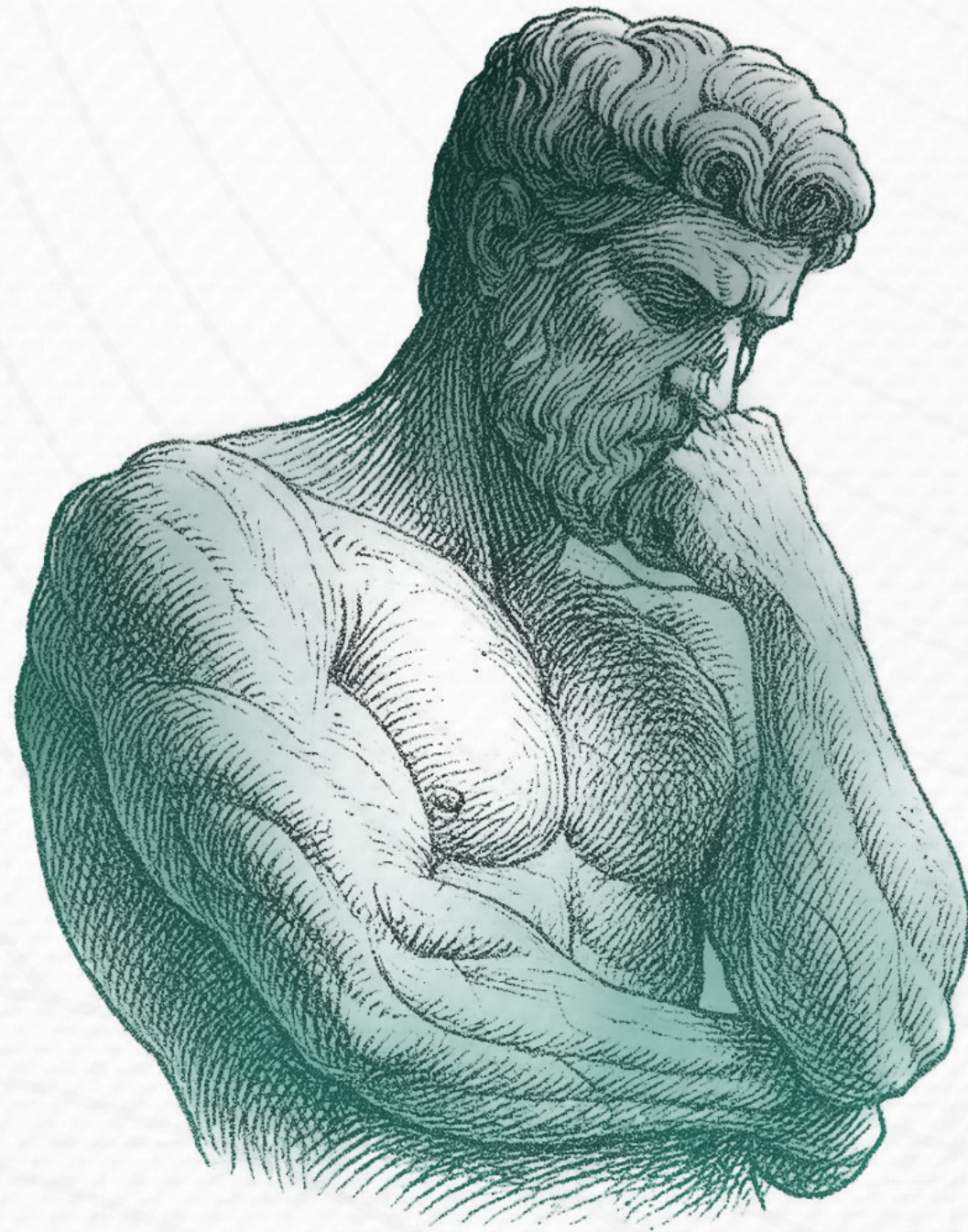


Wake Up Early

Start your day on your terms before distractions kick in.

1 /8





Only Focus On What You Can Control

Worrying about things you can't change is **wasted energy.**

2 /8



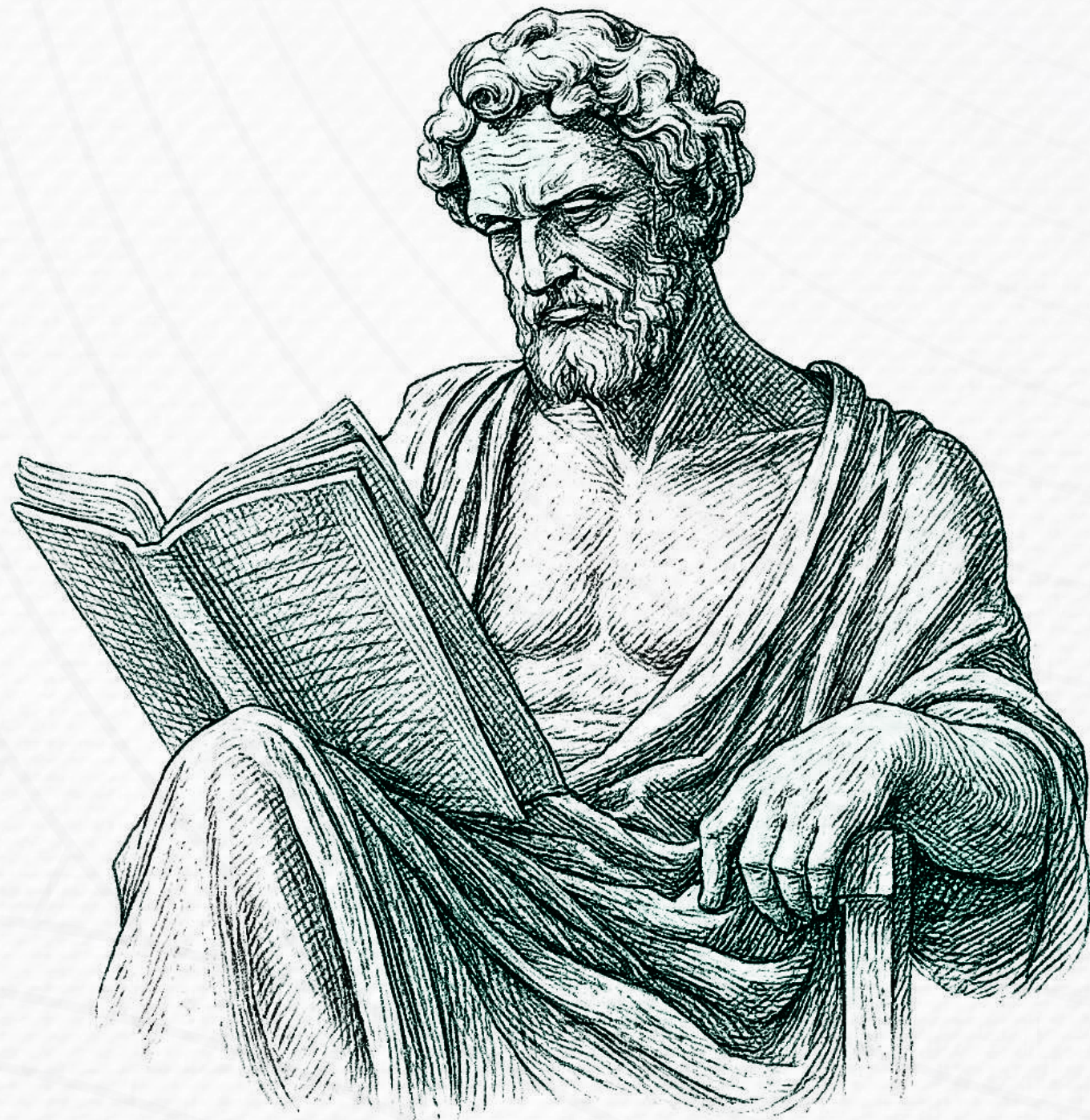


Don't Worry About The Future

Anxiety comes from trying to solve
problems that haven't happened yet.

3 /8





Listen More Than You Speak

You learn more when you
not the one talking.

4 / 8



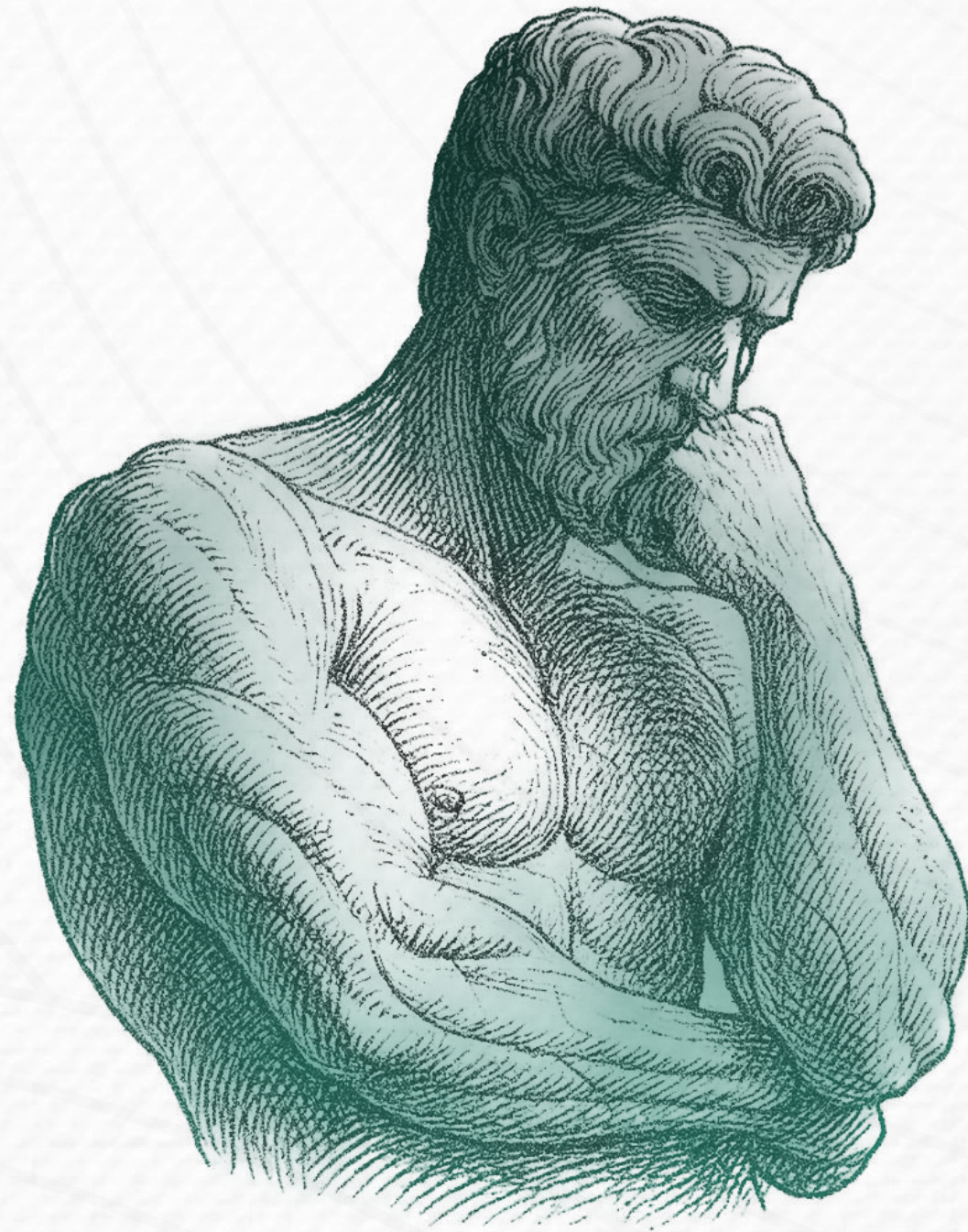


Seek Balance In All Things

A good life is about finding harmony between work, rest, and growth.

5 / 8



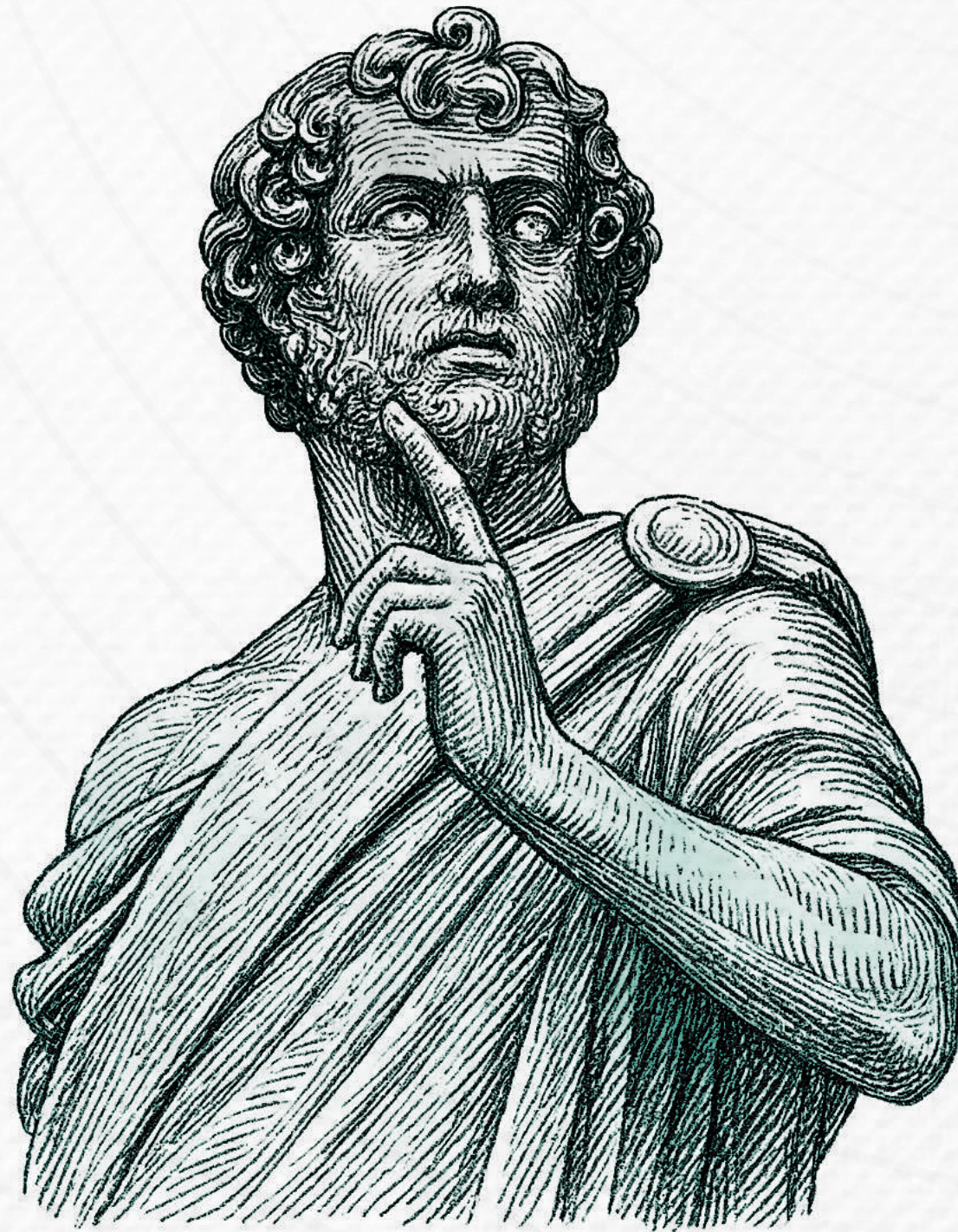


Remember You Must Die

Would this still matter if
today were your last?

6 /8



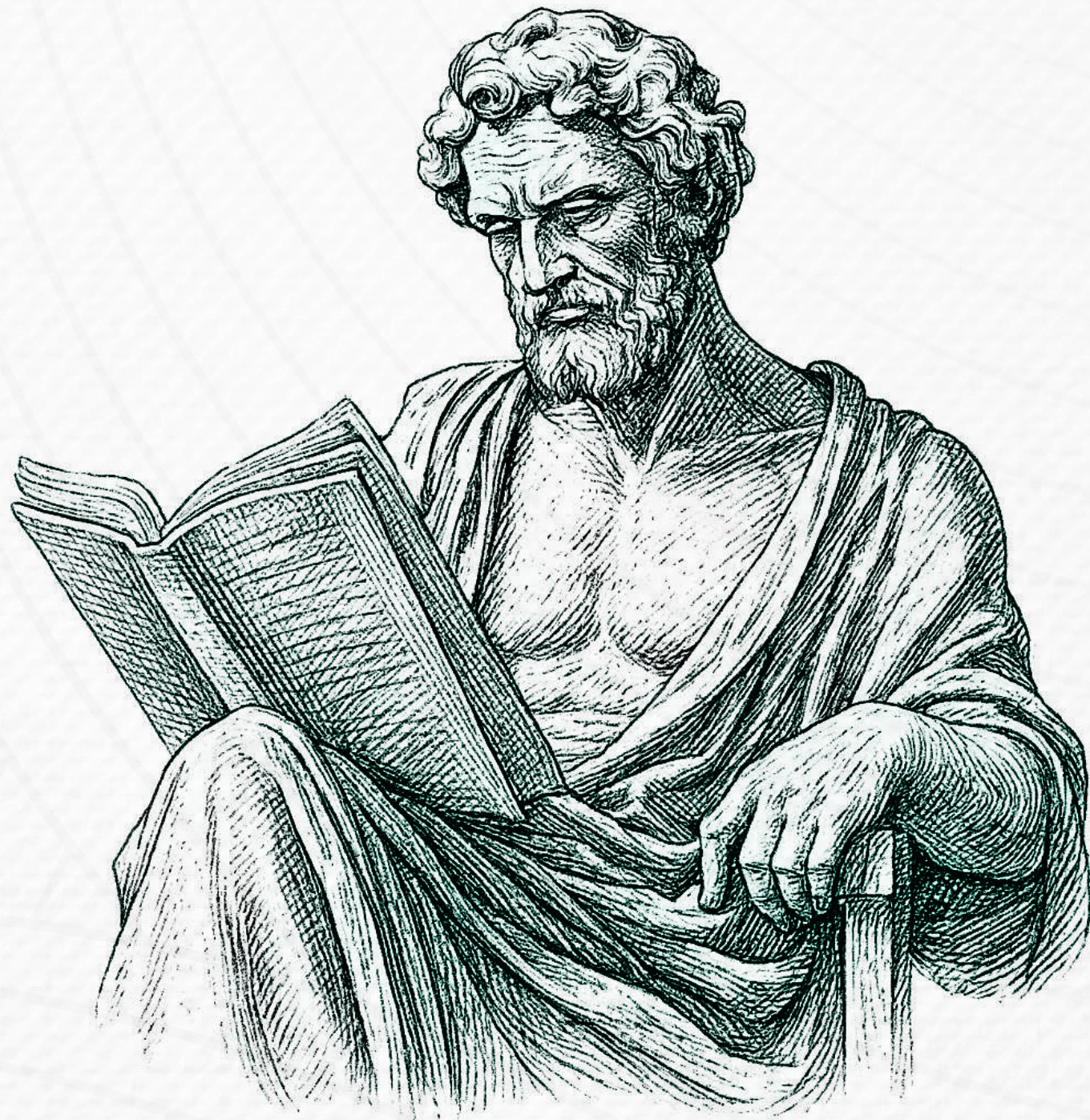


The Obstacle Is The Way

Every challenge is a
chance to build strength.

7 /8





Choose Discomfort On Purpose

Cold shower. Long walk. Skipped meal.
Small pain builds real control.

8 /8



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