

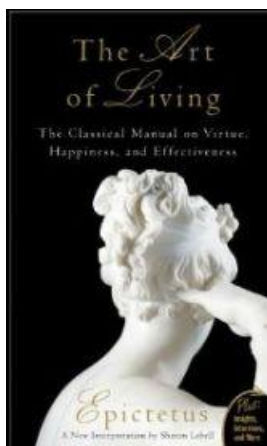


## SCHUTT CAPITAL MANAGEMENT

### *From the Notepad*

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#### **Meditations for Times of Uncertainty**



One small manual I have recently enjoyed reading is Epictetus's The Art of Living. The series of short prescriptions for living, or progressing towards, a fulfilling life is really a distillation of key messages of the author's longer-form writings from more than 2,000 years ago. Each page is a short meditation, allowing the work to be read in short intervals or picked up and referenced easily.

The very first entry wastes no time in expressing its relevance to our current moment, and I think of it often when faced with challenges or disappointments:

*"Know What You Can Control and What You Can't.*

*Happiness and freedom begin with a clear understanding of one principal: Some things are within our control, and some things are not."*

For me, distinguishing these factors has been a great help. On the one hand, acknowledging what is out of your control releases many unhelpful emotions. And, on the other hand, it is a call to action to get to the work of doing something about those things that are within your control.

I started marking in the table of contents the short meditations that I knew I would want to reference again in the future and ended up with nearly thirty noted. I am sure, upon rereading, more of them will speak to me. Here are a few others, to give you a flavor: *"Never Suppress a Generous Impulse," "Clearly Define the Person You*

*Want to Be,” and “Your Will is Always Within Your Power.”*

The manual concludes with *“Caretake This Moment,”* and is a final reminder that we always have a good purpose no matter how limited or helpless a circumstance may feel. *“It is time to really live; to fully inhabit the situation you happen to be in now. You are not some disinterested bystander. Participate. Exert yourself.”*

I chose Sharon Lebell’s interpretation and found it modern and easy to read. Also, this manual serves as a useful introduction to Stoic philosophy. If you enjoy it, there is much rich material available. Marcus Aurelius’s [Meditations](#) is a further great read from an original source and Ryan Holiday’s books, such as [The Obstacle is the Way](#) or [Ego Is the Enemy](#), and his daily short podcast, “The Daily Stoic” are all great resources too.

Feel free to reach out to me with thoughts or feedback anytime.

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