



Welcome to a Deeper Conversation

Use this reflective guide yourself or with a group. Don't feel you need to explore every idea on every page. Use what draws you into reflection and conversation.

Words can inspire.
And words can
destroy. Choose
yours well.

Robin Sharma

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Reflect and Discuss

We all know there is power in words. The words of friends, family, and even strangers can change our lives. This includes power quotes that we find. These quotes can come from people alive or dead. But they can provide powerful insights in compact containers. Share some of your favorite quotes that have made a difference in your life.

The First Quote

The best revenge is to be unlike
him who performed the injury.

Marcus Aurelius

 quote fancy

This quote is simple in form but quite deep in its insight. The discussion between Jean, Jason, and John, quickly revealed that being unlike the offender is far more than simply avoiding the behavior he or she performed. To be unlike the offender is to offer them something qualitatively different than what he or she offered you or me. This means that the best revenge is to offer the offender something virtuous even when we feel emboldened to hold onto the injury (think about Jean's example).

Reflect and Discuss

Do you agree with the statement above? What makes it hard to offer virtue to the offender? What enables you to offer virtue to the offender?

Consider someone who has offended you and how you could offer them something different than what they offered you.

The Second Quote



Life is unfair. That is a fact. If life were fair, no child would ever die. If life were fair, everyone would look the same. If life were fair, cupcakes and potato chips would be good for you. Accepting that life is not fair is liberating. It reminds you that there are some things with which you have to deal and accept.

Why play the victim?

Michele Tafoya

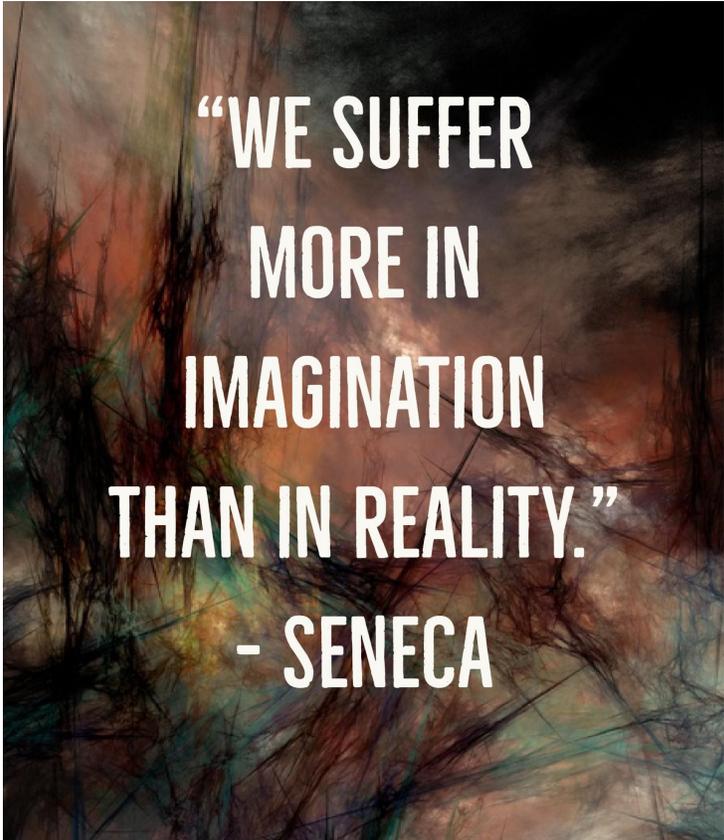
The second quote focuses on a difficult but important concept. Life is unfair. It just is. There are no guarantees or promises. Things happen to us, some of our own doing, and some because of the actions of others. But in either case, we can feel the sting of unfairness. Tafoya's quote reminds us that if we focus on what we can't control, and ride the horse of unfairness, it will lead us down a path of bitterness or worse.

Reflect and Discuss

What about life seems unfair to you? What's the difference between accepting the unfairness of life and trying to change it? How do you know when to try and change something versus when to accept the unfairness of it?

Is there something "unfair" in your life you need to accept?

After Cast - The Third Quote



“WE SUFFER
MORE IN
IMAGINATION
THAN IN REALITY.”
- SENECA



“
WE SUFFER NOT FROM
THE EVENTS IN OUR
LIVES, BUT FROM OUR
JUDGMENT ABOUT THEM

”
EPICTETUS

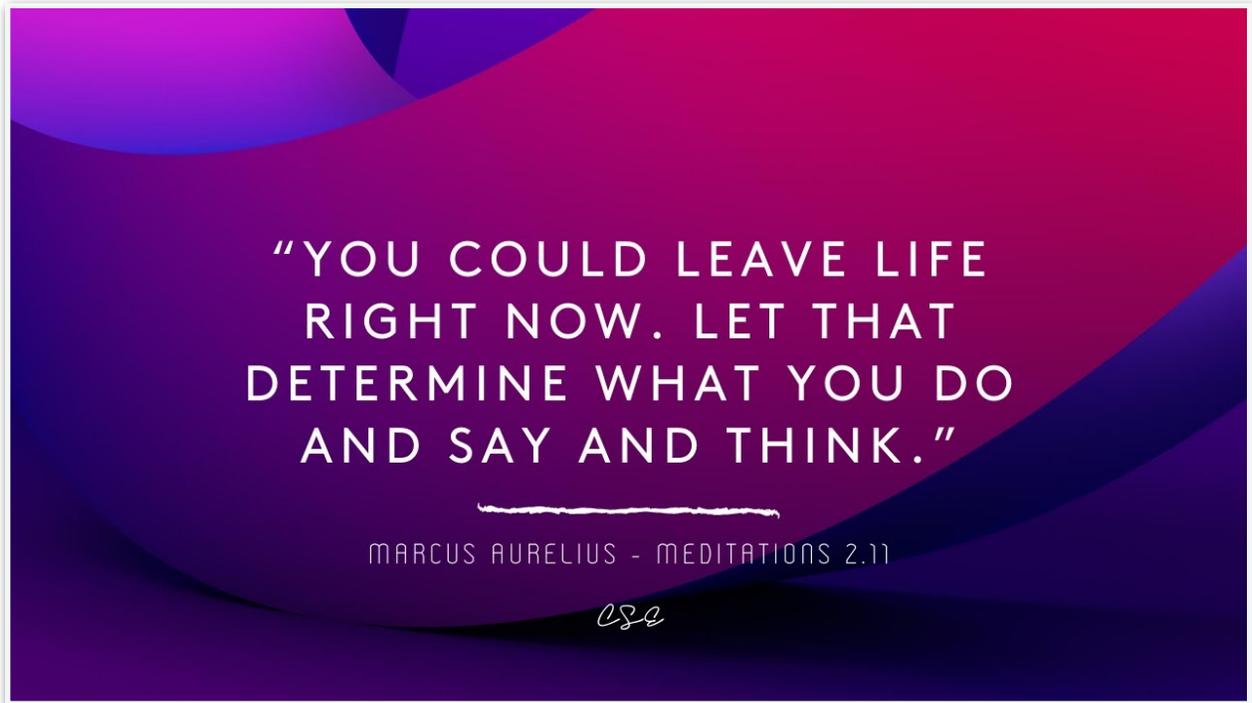
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This quote reminds us that many of our woes comes from our judgments about events more than the events themselves. We create narratives in our minds that cause suffering. What if I could let go of that story? How might the moment change for the better?

Reflect and Discuss

Do you agree that we suffer because of what our minds create about the events we experience? Do you have an example from your life? Why do you think we are prone to create trouble in our imaginations? What could we do to tell better stories about the events that occur in our lives?

After Cast - The Fourth Quote



Death is a reality. The good news is that when we reflect on our death it doesn't have to lead to a morbid view of life. But it can actually enable us to live a richer, wiser, and more compassionate life while we possess its gift. Try this: This week, before you enter a meeting or a conversation, remember Marucs' quote (above). Then begin your conversation or meeting and see how it changes it.

Quotes Five and Six

Though we didn't discuss these quotes, here they are for your reflection.

I am all for Stoic teachings of empowerment of agency. But we are, as Marcus Aurelius knew well, citizens of the universe, attached to each other, and deeply affected by the social worlds and practices and institutions of which we are a part. To forget our membership and responsibilities in the social world and how that affects our life chances is to forget who we are.

Nancy Sherman

Wealth consists not in having great possessions, but in having few wants.

Epictetus