



Security Creates Calm for Good Decisions

14 August 2026 | Family | 4 minutes

THOUGHT FOR THE DAY

When people can reliably provide for daily needs and their family, it is easier to make calm and responsible decisions.

Mencius | Mengzi

What does it mean?

In the Mengzi, Mencius says that people who cannot rely on a stable livelihood find it harder to remain steady. The passage is addressed to a ruler. It argues that leaders should secure people's basic needs before expecting good conduct.

Money worries still take up attention today. An emergency reserve does not solve every problem, but it can create time and calm. The extra time helps families think carefully instead of reacting only from fear.

Put it into practice

- 01 Write down which monthly expense worries you most right now.
- 02 Note one way to reduce or better plan this monthly expense.
- 03 Choose a small amount you can set aside each month for emergencies.

YOUR TASK FOR TODAY

In no more than five minutes, write down the three expenses you would have to pay first after a sudden loss of income.

YOUR QUESTION

Which small step would give you and your family the most peace of mind today?