



Needing Less Gives You More Freedom

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THOUGHT FOR THE DAY

Independence from outward things is a great good: not so that we always have little, but so that we can be content when we have little.

Epicurus

What does it mean?

Epicurus says that we should be able to remain content when we temporarily have less money or fewer options. He does not ask us to give up comfort all the time.

Today, we easily compare ourselves with others. This can make us spend money just to keep up or impress people. Knowing what we truly need helps us choose calmly and protect our freedom.

Put it into practice

- 01 Write down one purchase you want mainly because you compared yourself with others.
- 02 Wait 24 hours before deciding whether to make the purchase you wrote down.
- 03 Review one regular expense and decide whether it truly improves your life.

YOUR TASK FOR TODAY

Write down three things that make your life better and cost little or nothing.

YOUR QUESTION

What do you truly need for a good life?