



Do Not Make Your Happiness Depend on Other People's Approval

24 August 2026 | Freedom | 3 minutes

THOUGHT FOR THE DAY

You stay freer when your happiness does not depend on money, status, or other people's opinions.

Epictetus

What does it mean?

In the Enchiridion, Epictetus separates what we can influence from what is not in our hands. We can guide our decisions and actions. Money, status, and other people's behaviour are never completely under our control.

When you need approval, a certain possession, or a certain reaction, pressure grows quickly. You gain more freedom when you decide what is right and act on that decision.

Put it into practice

- 01 Write down a current decision for which you are waiting for approval.
- 02 Mark the part that you can decide for yourself.
- 03 Put the next step for that part in your calendar.

YOUR TASK FOR TODAY

Complete two sentences: "Other people decide ..." and "Today I decide ...".

YOUR QUESTION

Which decision would you like to stop making dependent on other people's approval?