



Notice What Is Already Enough

28 August 2026 | Wealth | 3 minutes

THOUGHT FOR THE DAY

Do not constantly compare yourself with people who own more. Also notice what is already enough in your life.

Democritus

What does it mean?

The thought survives as fragment B191. A fragment is a short piece of a lost text. Stobaeus included it in a collection several centuries later. The text advises us to limit our desires and stop measuring what we own against the possessions of richer people.

Comparison can create new desires. Your own life may then feel too small, even when it already provides security and joy. When you examine your needs, you can feel grateful and still keep growing.

Put it into practice

- 01 Write down one thing that gives your life security or joy today.
- 02 Name one desire that arose mainly from comparing yourself with other people.
- 03 Check whether this desire supports one of your own goals.

YOUR TASK FOR TODAY

Write two short sentences: "... is already enough for me." and "I want ... because ...".

YOUR QUESTION

Which desire truly belongs in your life?