MLDP VALUE

STRATEGY | VALUES | GROWTH

WEALTH INSIGHT #100

Recognise What You Can Influence

09 November 2026 | Decisions | 3 minutes

THOUGHT FOR THE DAY

Not everything is in your hands. Yet you can choose thoughtfully how you respond.
Epictetus

What does it mean?

Epictetus distinguishes our own actions from external circumstances. Arrian compiled the Handbook from his teaching.

We cannot determine market movements. We can, however, influence how carefully we examine spending, costs and decisions. This helps us direct our attention usefully.

Put it into practice

01 Choose one money question that concerns you.

02 Separate external developments from your own possible actions.

03 Identify one small step you can take yourself.

YOUR TASK FOR TODAY

In no more than five minutes, make two columns: "I can influence this" and "I cannot determine this". Place your money question in them.

YOUR QUESTION

Where would you like to focus more of your attention?

Idea based on Epictetus | Epictetus, Enchiridion 1