WEALTH INSIGHT #115

Choose Your Words Carefully

24 November 2026 | Composure | 3 minutes

THOUGHT FOR THE DAY

Speak with care. Not everything that can be said needs to be said.
Epictetus

What does it mean?

Epictetus recommends keeping speech focused on what matters. Arrian compiled the Handbook from his teaching. Composure includes resisting the impulse to speak at every opportunity.

In conversations about money, clarify your own question first. A considered answer can prevent misunderstandings. You need not comment on every opinion or justify your wealth to others.

Put it into practice

01 Choose an upcoming conversation about money.

02 Name the one question you want it to resolve.

03 Note which private details are actually needed for that discussion.

YOUR TASK FOR TODAY

Take five minutes to write one clear question for your money conversation. Read it aloud and remove unnecessary explanations.

YOUR QUESTION

Where would a considered answer help you more than a quick one?

Idea based on Epictetus | Epictetus, Enchiridion 33