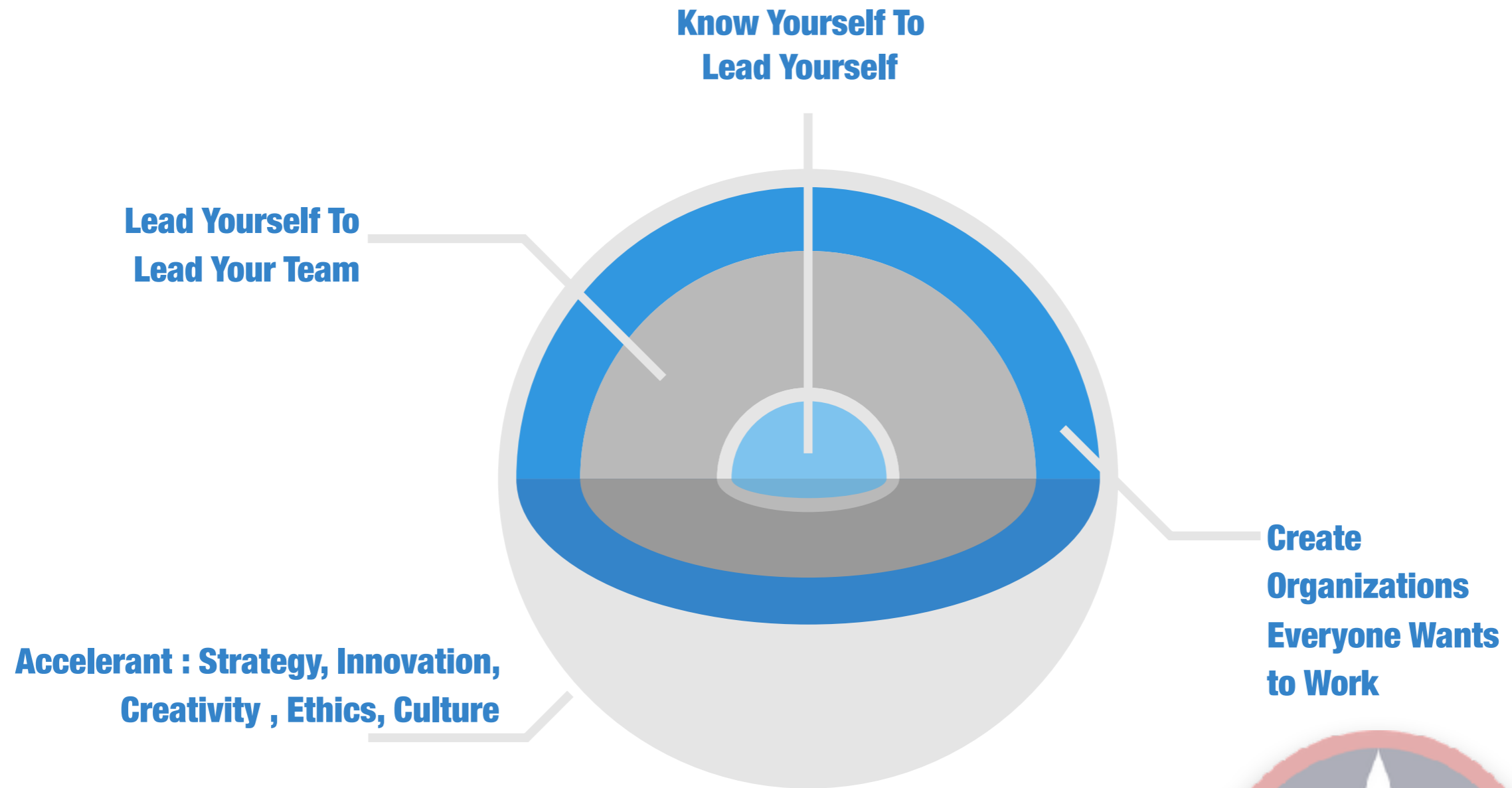




# Stoicism



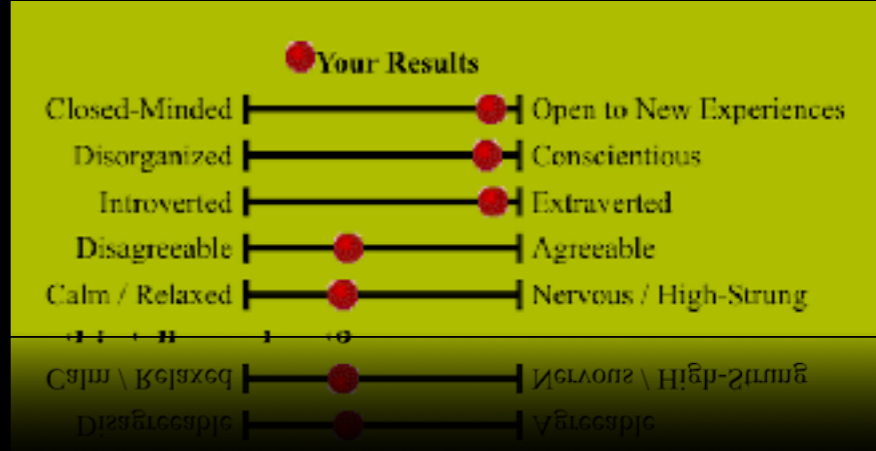
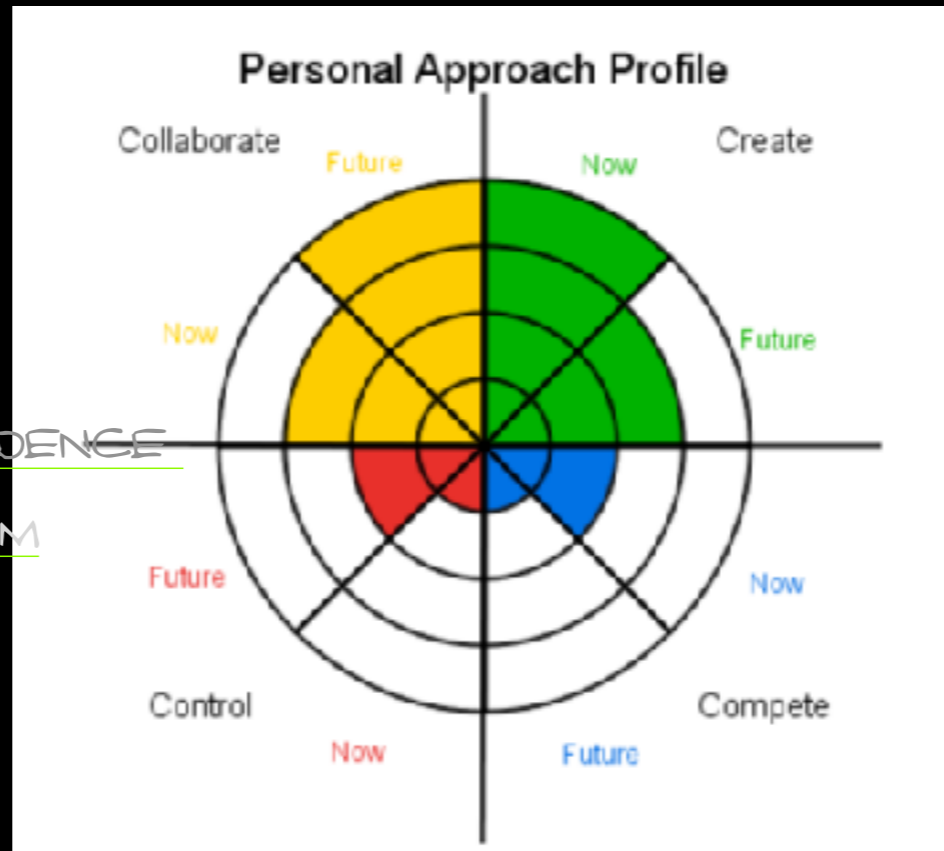
# Airpower Leader Development Model



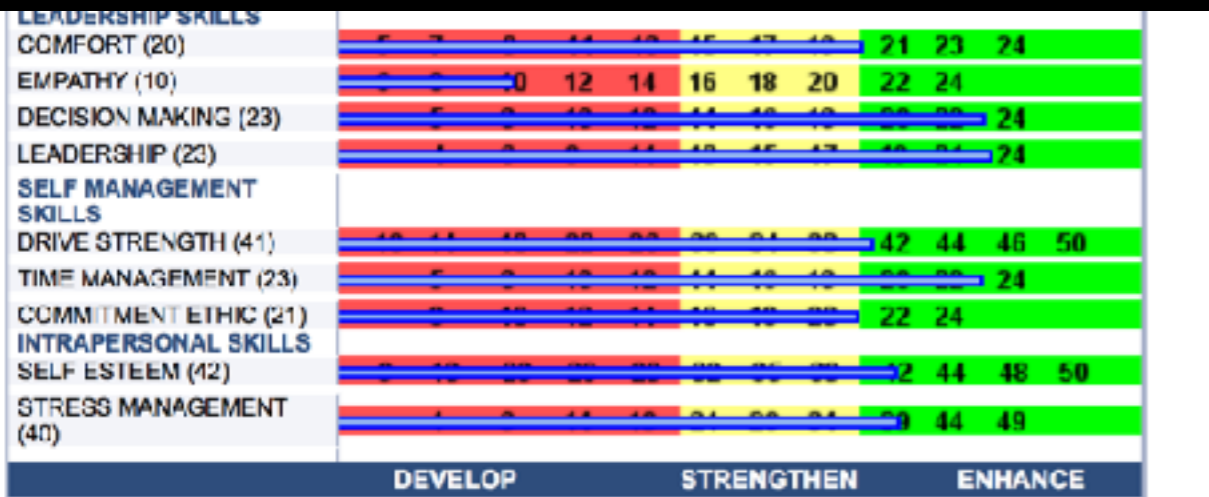
# Dashboard

## CHARACTER TRAITS

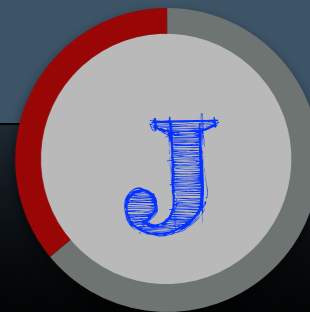
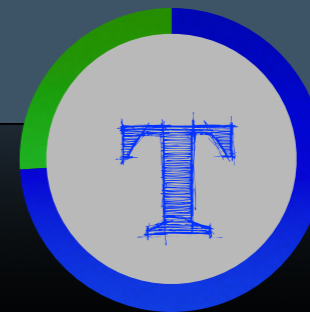
- 1: CREATIVITY / WISDOM
- 2: SPIRITUALITY / TRANSCENDENCE
- 3: LOVE OF LEARNING / WISDOM
- 4: CURIOSITY / WISDOM
- 5: BRAVERY / COURAGE



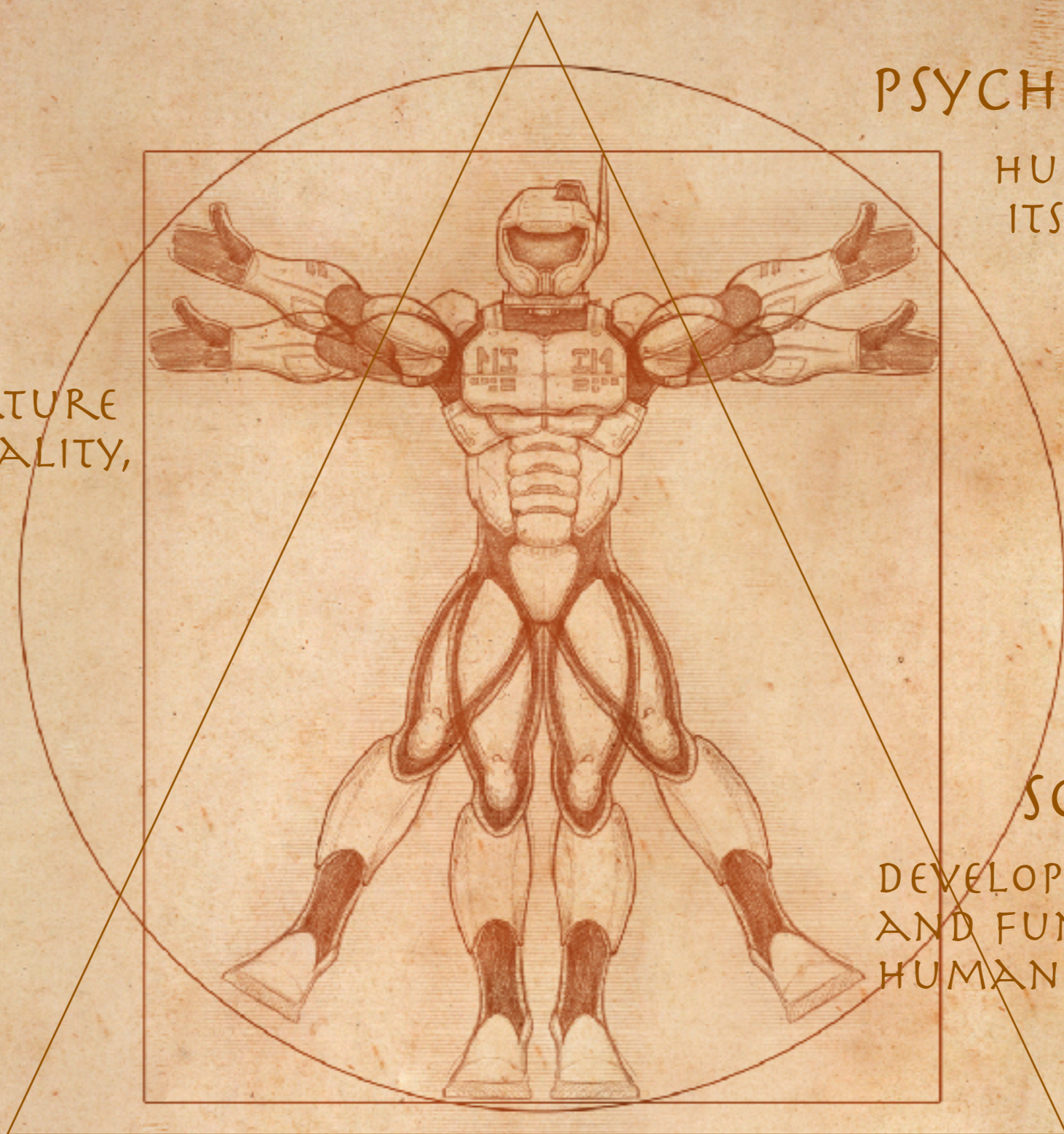
- ## Strength Finder
- 1: strategic
  - 2: activator
  - 3: individualization
  - 4: learner
  - 5: self-assurance



# Pioneer



# Philosophy



## PSYCHOLOGY

HUMAN MIND AND ITS FUNCTIONS

## PHILOSOPHY

FUNDAMENTAL NATURE OF KNOWLEDGE, REALITY, AND EXISTENCE,

## SOCIOLOGY

DEVELOPMENT, STRUCTURE, AND FUNCTIONING OF HUMAN SOCIETY.

# Philosophy

Love of Wisdom

Love of Leadership?

Philo-ingesia / ηγεσία

Ever sketch it out?

Journal?

TEDX



# What's it mean?

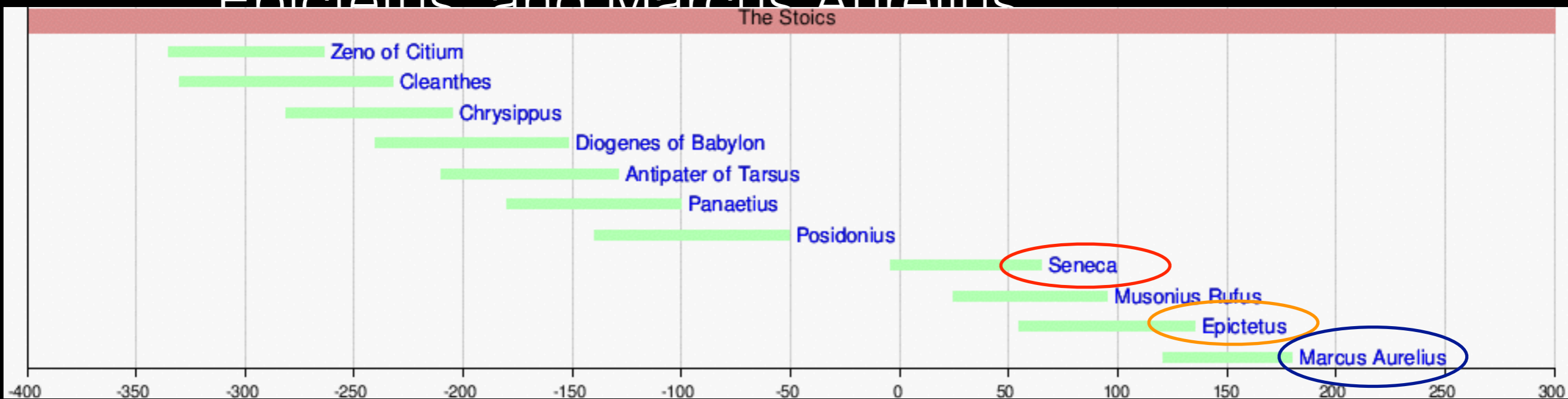
- Philosophy: History—Meditations  
fundamental nature of knowledge, reality, and existence,
- Philosophy: Today—The Obstacle is the Way
- Debate: Does it matter?





# The Stoics

- **Early Stoa**, from the founding of the school by Zeno to Antipater.
- **Middle Stoa**, including Panaetius and Posidonius
- **Late Stoa**, including Musonius Rufus, Seneca, Epictetus, and Marcus Aurelius



- The Five Stoic Emperors:

- Nerva

- Trajan

- Hadrian

- Antonius Pius

- Marcus Aurelius



The Stoics propounded that **knowledge** can be attained through the use of **reason**. **Truth** can be distinguished from **fallacy**—even if, in practice, only an approximation can be made. According to the Stoics, the **senses** constantly receive sensations: pulsations that pass from objects through the senses to the **mind**, where they leave an impression in the **imagination**

- **Wisdom** (σοφία “*sophia*”)
- **Courage** (ανδρεία “*andreia*”)
- **Justice** (δικαιοσύνη “*dikaiosyne*”)
- **Temperance** (σωφροσύνη “*sophrosyne*”)



# meditations

circa: 161 to 180 AD

# Gladiator

- My name is **Maximus** Decimus Meridius. Commander of the Armies of the North. General of the Felix Legions. Loyal servant to the true Emperor, **Marcus Aurelius**. Father to a murdered son, husband to a murdered wife – and I will have my vengeance, in this life or the next.



# Reign of Blood

- An academic and graphic account of the rule of the famously narcissistic Roman Emperor Commodus, who inherited the Roman Empire from his father, Marcus Aurelius, at the height of its expansion in the second century AD, told over a backdrop of violence, sex, and corruption.



# 3 STOIC EXERCISES FROM MARCUS AURELIUS

- **Practice The Virtues You Can Show**
  - It's easy to **succumb to self-pity** when we start telling ourselves that we lack certain talents, that we miss stuff that seems to come so easily to other people. We need to catch ourselves when we do so. We need instead to **focus on the things that are always within us:** our capacity and potential for virtuous action. As Marcus wrote to himself... **(JI Results)**

- *“No one could ever accuse you of being quick-witted. All right, but there are plenty of other things you can’t claim you “haven’t got in you.” Practice the virtues you can show: **honesty, gravity, endurance, austerity, resignation, abstinence, patience, sincerity, moderation, seriousness, high-mindedness.** Don’t you see how much you have to offer—beyond excuses like “can’t”? And yet you still settle for less.”*



# Draw Strength from Others

- Marcus most likely wrote these notes to himself which are now *Meditations* on the battlefield, during the last decade of his life. In those times of difficulty and adversity he'd write to himself notes of encouragement, **to pick himself back again, to do his duty.** One exercise that we can borrow from him is to draw strength from people in our lives or simply role models that inspire us. As he wrote... (Andy Christiansen, 40/40)

- “When you need encouragement, **think of the qualities the people around you have**: this one’s energy, that one’s modesty, another’s generosity, and so on. Nothing is as encouraging as when virtues are visibly embodied in the people around us, when we’re practically showered with them. It’s good to keep this in mind.”

# Focus on The Present

- Marcus knew the temptations that exist for all of us to let our imagination run wild envisioning all **the ways things can go wrong**. Of course, such an exercise can be useful in preparing us for the future and making us ready for adversity, but Marcus well understood that it can become crippling fear that will paralyze us from any useful action. As he put it...

- *‘Don’t let your imagination be crushed by life as a whole. Don’t try to picture everything bad that could possibly happen. Stick with the situation at hand, and ask, “Why is this so unbearable? Why can’t I endure it?” You’ll be embarrassed to answer. Then remind yourself that past and future have no power over you. Only the present—and even that can be minimized. Just mark off its limits. And if your mind tries to claim that it can’t hold out against that...well, then, heap shame upon it.’*



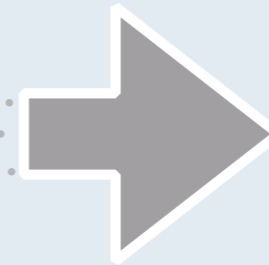
# meditations

Your Thoughts?

- **“Yes, you can—if you do everything as if it were the last thing you were doing in your life,** and stop being aimless, stop letting your emotions override what your mind tells you, **stop being hypocritical, self-centered, irritable.”**
- At dawn, when you have trouble getting out of bed, tell yourself: ‘I have to go to work – as a human being. What do I have to complain of, if I’m going to do what I was born for – the things I was brought into the world to do? **Or is this what I was created for? To huddle under the blankets and stay warm?’**”
- ‘When you wake up in the morning, tell yourself: The people I deal with today will be **meddling, ungrateful, arrogant, dishonest, jealous, and surly.** They are like this because they can’t tell good from evil.’”

- Not to feel exasperated, or defeated, or despondent because your days aren't packed with wise and moral actions. **But to get back up when you fail, to celebrate behaving like a human—however imperfectly—and fully embrace the pursuit that you've embarked on.**
- **“No carelessness in your actions. No confusion in your words. No imprecision in your thoughts.”**
- “The mind adapts and converts to its own purposes the obstacle to our acting. **The impediment to action advances action.** What stands in the way becomes the way.”

# DRIVERS THAT AFFECT YOUR BEHAVIOR



LEADERSHIP  
BEHAVIORS





# MBTi?

- E or I : How you preferred source of energy
- S or N: How you prefer to take in information
- T or F: How you prefer to make decisions
- P or J: How you prefer to live

# The Book of 5 Rings: Musashi: circa 1645



# The Book of 5 Rings: Musashi

- **The Earth book:** according to *Go Rin No Sho*, is mentioned as the book that refers expressly to the strategy taught by Musashi at the Ichi School. The idea of strategy would be encouraged to be very astute in their study:
- *Know the smallest things and the biggest things, the shallowest things and the deepest things. As if it were a straight road mapped out on the ground ... These things cannot be explained in detail. From one thing, know ten thousand things. When you attain the Way of strategy there will not be one thing you cannot see. You must study hard.*

# The Book of 5 Rings: Musashi

- **The water book** concerns strategy, spirituality and philosophy. The meaning of *water* in relation to life is *flexibility*. Water demonstrates natural flexibility. A person should master many aspects of life allowing them to possess both balance and flexibility.
- *In strategy your spiritual bearing must not be any different from normal. Both in fighting and in everyday life you should be determined though calm.*

# The Book of 5 Rings: Musashi

- *The Fire Book*: refers to fighting methods unlike the specific fighting techniques listed in the *Water Book*. It goes into a broader scope in terms of hints as to assess a situation, as well as specific situational instructions.
- *As one man can defeat ten men, so can one thousand men defeat ten thousand. However, you can become a master of strategy by training alone with a sword, so that you can understand the enemy's stratagems, his strength and resources, and come to appreciate how to apply strategy to beat ten thousand enemies.*

# The Book of 5 Rings: Musashi

- **The Book of Wind:** this book is primarily concerned with the specific details about other strategies that existed at the time. The broader lesson from this book is that an important part of understanding your own way is to understand the way of your opponent as precisely as possible.

# The Book of 5 Rings: Musashi

- **The Book of Void**: lists, philosophically, the nature of both human knowledge and other things. The void book expressly deals with "That which cannot be seen". It seems very esoteric in nature because he emphasizes that you must learn to perceive that which you cannot understand or comprehend. He notes that in this Void
- *"By knowing things that exist, you can know that which does not exist."*
- *"In the void is virtue, and no evil. Wisdom has existence, principle has existence, the Way has existence, spirit is nothingness."*

Sun Tzu: circa 544–496 BC

SUN  
TZU



THE  
ART  
OF  
WAR

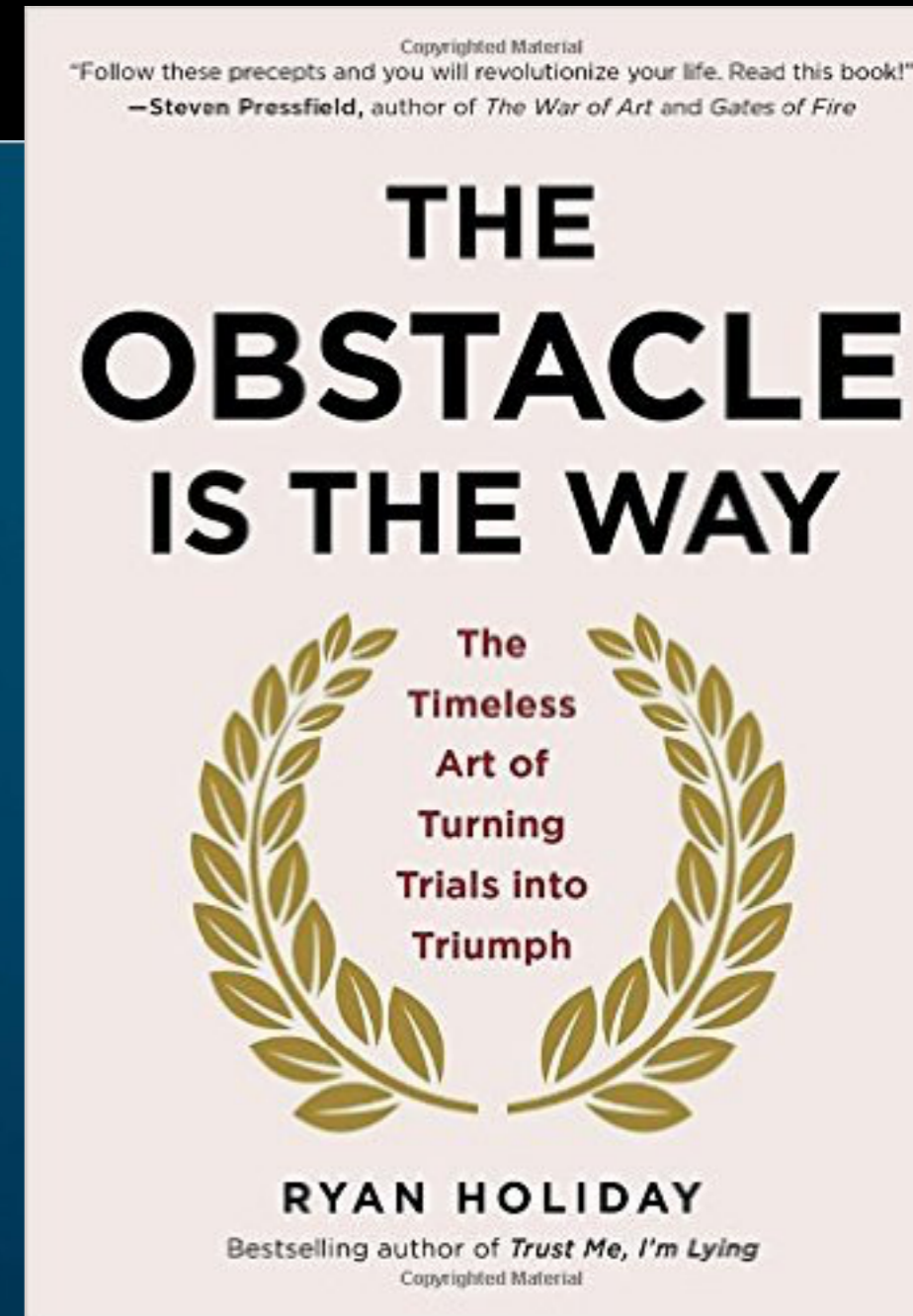
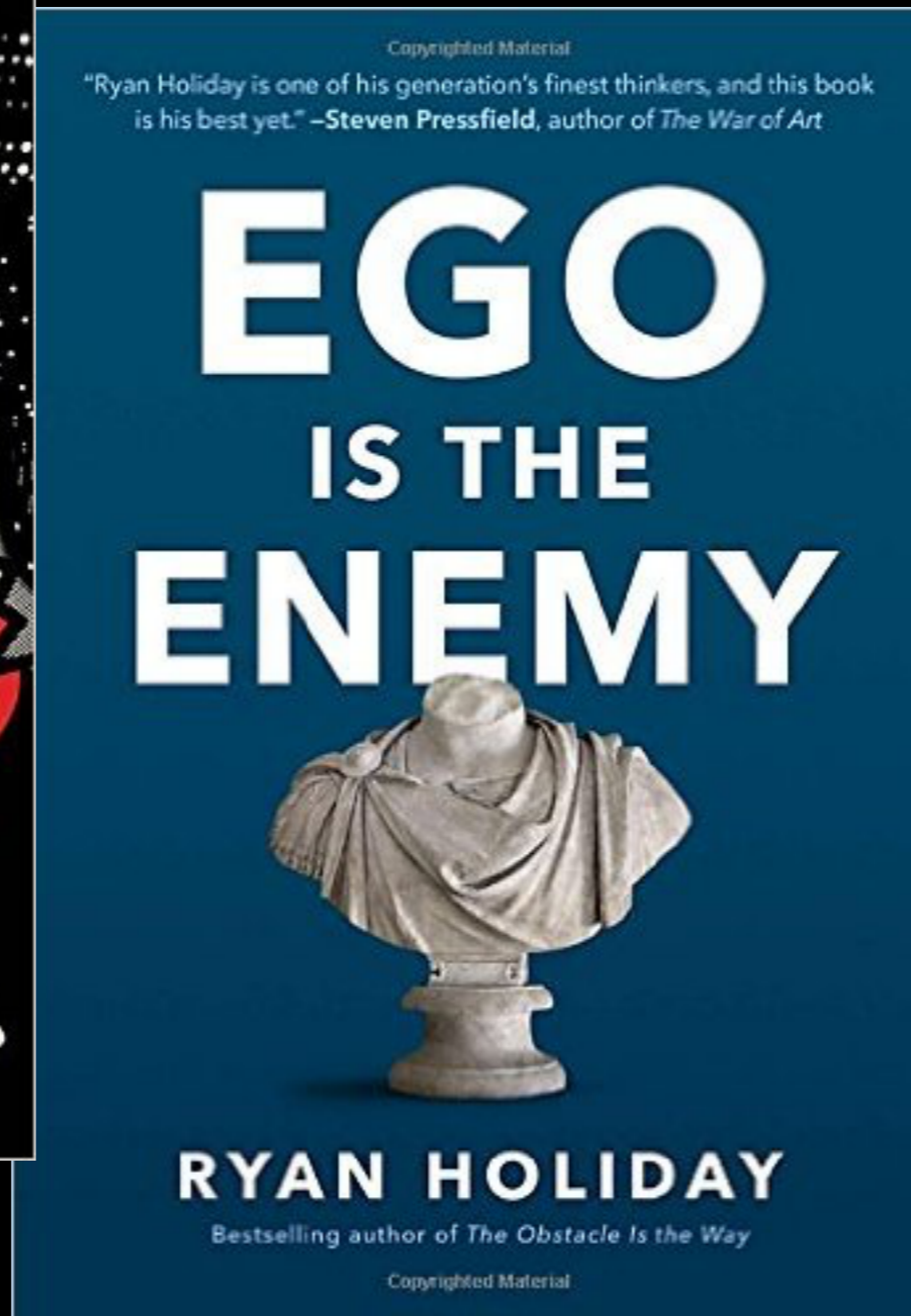
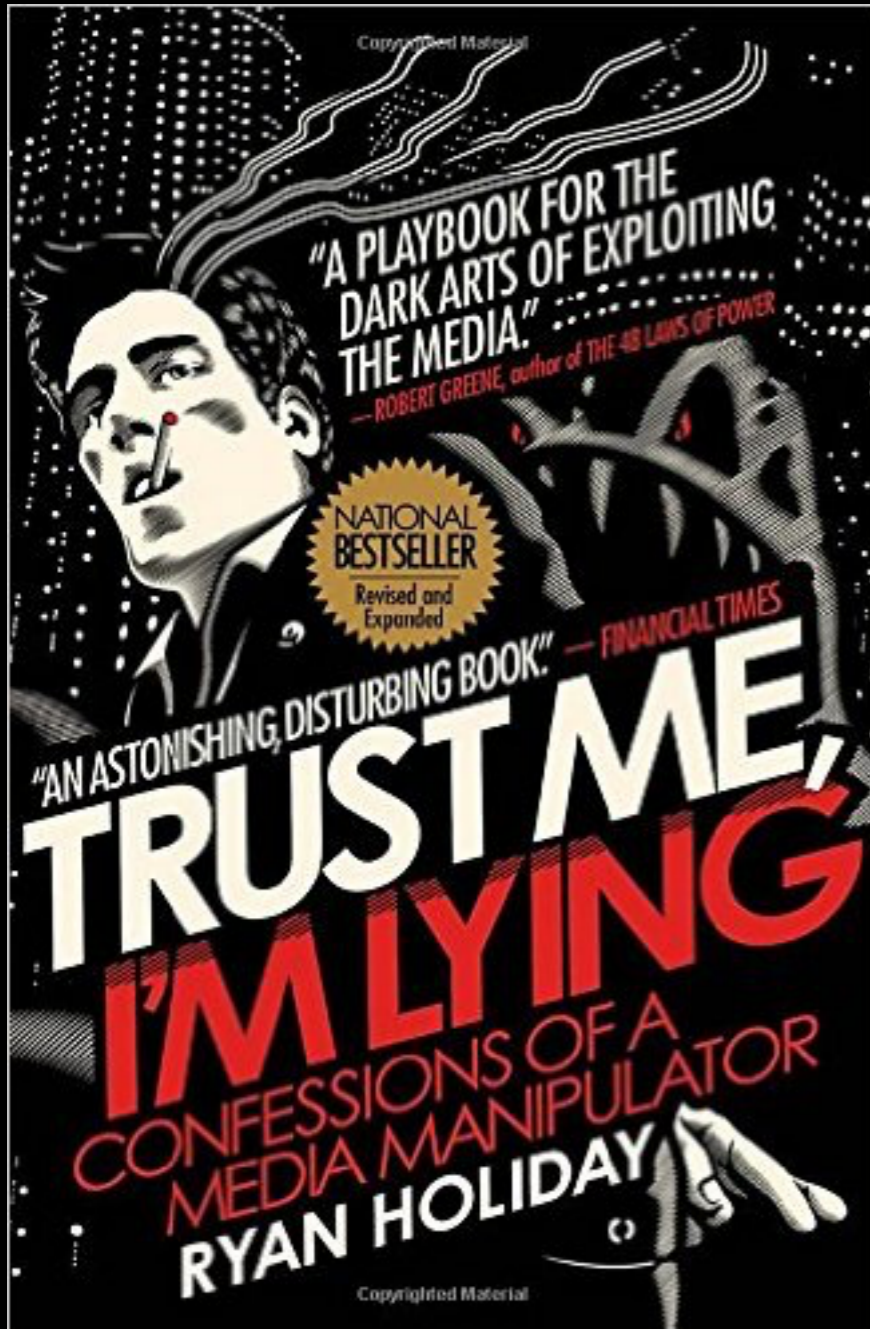


# Sun Tzu

- 1.3. The art of war, then, is governed by five constant factors, to be taken into account in one's deliberations, when seeking to determine the conditions obtaining in the field.
- 1.4. These are: **(1) The Moral Law**; (2) Heaven; (3) Earth; **(4) The Commander**; **(5) Method and discipline**.
- **10.31. Hence the saying: If you know the enemy and know yourself, your victory will not stand in doubt; if you know Heaven and know Earth, you may make your victory complete**
- The COMMANDER stands for the virtues of *wisdom, sincerity, benevolence, courage* and *strictness*.

Today...

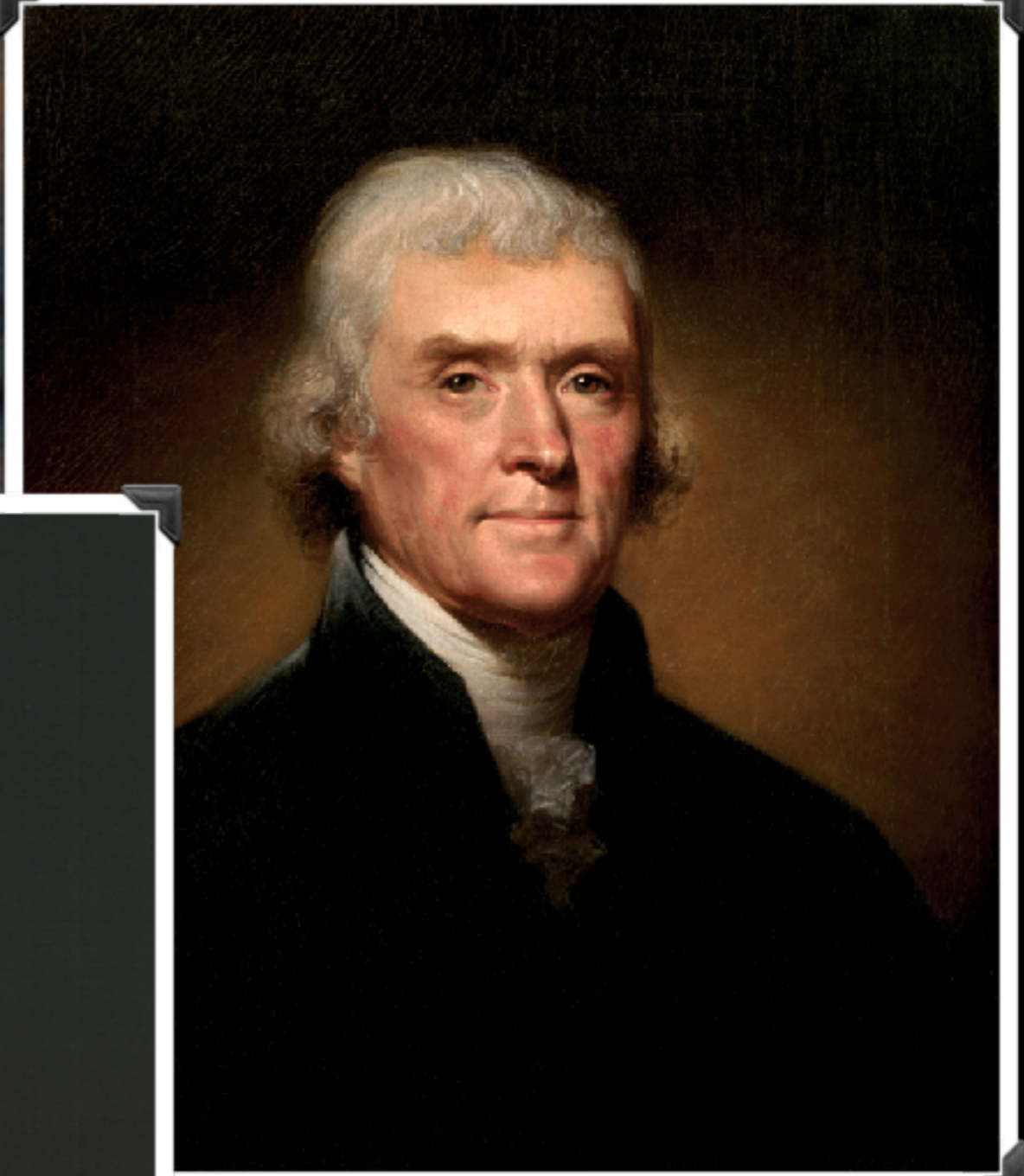
# Ryan Holiday



# The Obstacle is the Way

- Stoicism – an operating manual for life – is a pragmatic philosophy that helps people overcome their difficulties.
- Stoicism rests on three primary disciplines: “**perception, action and the will.**”
- **Perception** is the way you see the world. Viewing it realistically or with a bias can help or hinder you.
- The right **action** is always directed, deliberate, bold and persistent.
- The world can break your body, but thanks to willpower, it can never break your spirit and mind. You – not some external entity – control your **will**.

# Founding Father Stoics



# Modern Stoics?

John Steinbeck



Tim Ferriss



SECDEF James Mattis



JK Rowling



Arnold Schwarzenegger



LL Cool J



Tom Brady



Nick Saban



# Clausewitz

- War: Clash of wills—moral forces
- not the loss of stuff but the loss of:
  - Courage
  - Confidence
  - Cohesion
  - Plan



# VADM Stockdale



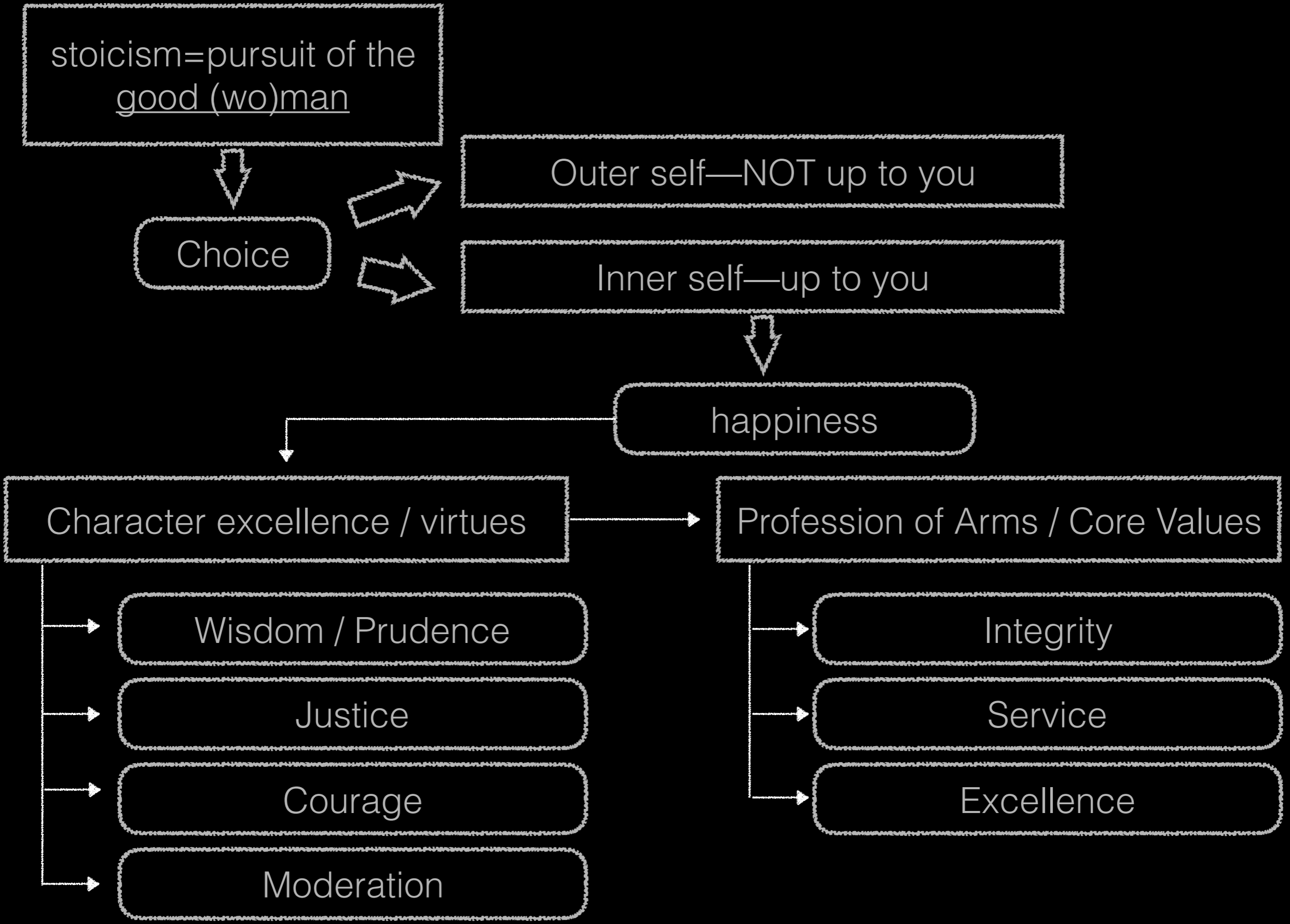


# Tranquility, Fearlessness & Freedom

- What is Stoicism?
- How does one get to Tranquility, Fearlessness & Freedom? Can we really do it?
- Is this a religion?
- Mind Games?

# Stockdale:

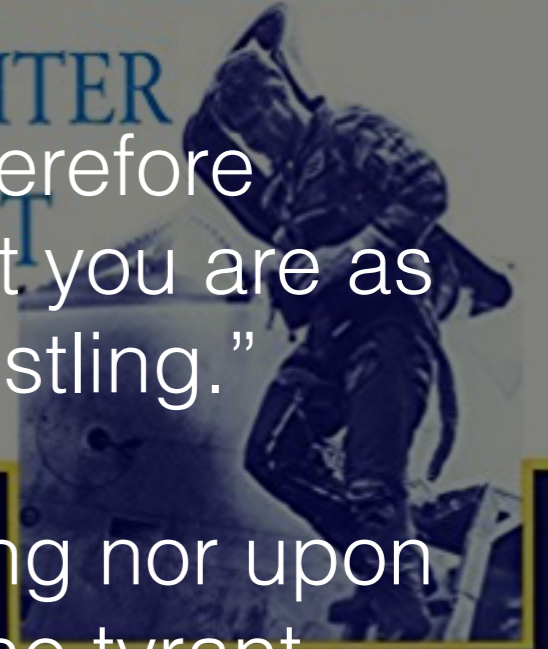
- You can have Tranquility, Fearlessness, and Freedom.....
- If you are honest and take responsibility for your own actions
- You are in charge of you...



# Thoughts and Quotes

- “Difficulties are what show men’s character. Therefore when a difficult crisis meets you, remember that you are as the raw youth, with whom god-the-trainer is wrestling.”
- When a man who has set his will neither on dying nor upon living at any cost, comes into the presence of the tyrant, what is there to prevent him from being without fear? Nothing...
- Stoics believe that all human emotions are acts of will. You're happy because you want to be happy, you're drained or sad when you want to be sad, and fear is not something danger forces on you.

THOUGHTS OF A  
PHILOSOPHICAL  
FIGHTER  
PILOT



JIM STOCKDALE

- Moral Purpose?
- Reputation?
- ... to play well the given part
- Indifferent to everything but good and evil
- **Epictetus:**
  - **No one comes to his fall because of another's deed**
  - **No one is evil without loss or damage**
  - **No man can do wrong with impunity**

# Stockdale's Final thoughts

- **Controlling your emotions can be empowering**
  - *Emotional Intelligence is key*
- **Your inner self is what you make it**
  - *Critical thinking, MBTI, biases...*
- **Refuse to want to fear, and you start acquiring a constancy of character that makes it impossible for another to do you wrong.**
  - Stoicism—System 1 or 2?

VALUES UP TO US	GOOD THINGS ( <i>t' agatha, bona</i> )	BAD THINGS ( <i>ta kaka, mala</i> )
Character Traits	<p>Virtues (<i>hai aretai, virtutes</i>)</p> <ol style="list-style-type: none"> <li>1. Wisdom (<i>sophia, sapientia</i>)</li> <li>2. Justice (<i>dikaiousune</i>)</li> <li>3. Bravery (<i>andreia</i>)</li> <li>4. Temperance (<i>sophrosune</i>)</li> <li>5. Generosity</li> </ol> <p>etc.</p>	<p>Vices (<i>hai kakiai</i>)</p> <ol style="list-style-type: none"> <li>1. Folly (or Ignorance)</li> <li>2. Injustice (<i>adikia</i>)</li> <li>3. Cowardice</li> <li>4. Intemperance (<i>akolasia</i>)</li> <li>5. Ungenerosity</li> </ol> <p>etc.</p>
Acts	<p>Virtuous Acts</p> <ol style="list-style-type: none"> <li>1. Wise acts</li> <li>2. Just acts</li> <li>3. Brave acts</li> <li>4. Temperate acts</li> <li>5. Generous acts</li> </ol> <p>etc.</p>	<p>Vicious Acts</p> <ol style="list-style-type: none"> <li>1. Foolish acts</li> <li>2. Unjust acts</li> <li>3. Cowardly acts</li> <li>4. Intemperate acts</li> <li>5. Ungenerous acts</li> </ol> <p>etc.</p>
Feelings	<p><u>Good Feelings</u> (<i>hai eupatheiai</i>)</p> <ol style="list-style-type: none"> <li>1. Wish (<i>boulesis</i>)</li> <li>2. Caution (<i>eulabeia</i>)</li> <li>3. Joy (<i>chara</i>)</li> </ol> <p>[No good feeling contrary to distress]</p>	<p><u>Passions or Emotions, a.k.a. Violent Feelings</u> (<i>pathe</i>)</p> <ol style="list-style-type: none"> <li>1. Lust (<i>epithumia, libido</i>)</li> <li>2. Fear (<i>phobos</i>)</li> <li>3. <u>Delight</u> (<i>hedone, laetitia</i>)</li> <li>4. <u>Distress</u> (<i>lupe, aegritudo</i>)</li> </ol>

Preferred Things (*ta proegmena*)

1. Survival or mere life
  2. Physical beauty
  3. Health
  4. Popularity
  5. "Good" reputation
  6. Wealth
  7. Technical ability
- etc.

Rejected Things (*t' apoproegmena*)

1. Death
  2. Ugliness
  3. Illness
  4. Unpopularity
  5. "Bad" reputation
  6. Poverty
  7. Lack of technical ability
- etc.



Class Debate:

Stoicism is as relevant  
today as it was in  
ancient Rome

# ACHIEVING APATHETIA:

# 7

Steps To Controlling Your  
Perceptions Like a Stoic



THE OBSTACLES WE FACE IN LIFE  
MAKE US EMOTIONAL.

The only way we'll overcome them is by keeping those emotions in check — if we can keep steady no matter what happens, no matter how much external events may fluctuate.







THE ANCIENT STOICS HAD A WORD  
FOR THIS STATE: *apatheia*.

It's the kind of calm equanimity that comes with the absence of irrational or extreme emotions.



**WHAT FOLLOWS ARE THE 7 STEPS**  
you can take to achieve this state, so you can focus on overcoming your obstacles, rather than reacting to them.



STEP

1



# STEADY YOUR NERVES

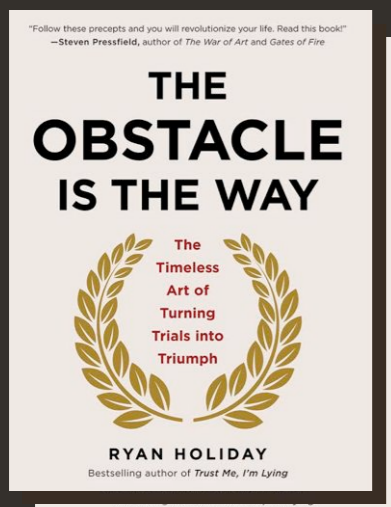
“What such a man needs is not courage but nerve control, cool headedness. This he can only get by practice.”

THEODORE



ROOSEVELT

Get THE OBSTACLE IS THE WAY







## STEP 1: STEADY YOUR NERVES



During the Civil War, troops were unloading a steamer when it exploded. Everyone hit the dirt except Ulysses S. Grant, who instead ran towards the scene.

That is nerve.

Like Grant, *we must prepare ourselves for the realities of our situation*, steadying our nerves so we can throw our best at it.



STEP

2



# CONTROL YOUR EMOTIONS

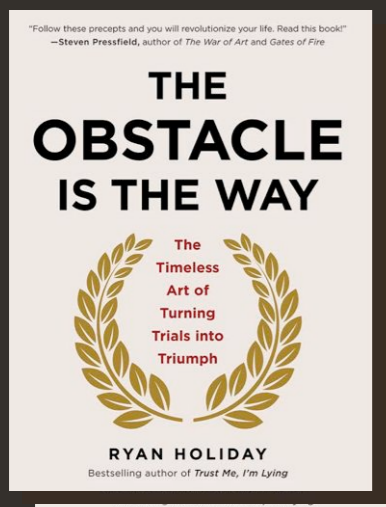
“Would you have a great empire?  
Rule over yourself.”

PUBLILIUS



SYRUS

Get THE OBSTACLE IS THE WAY







## STEP 2: CONTROL YOUR EMOTIONS

When America first sent astronauts into space, they trained them in one skill more than any other: the art of not panicking.

Here on Earth, when something goes wrong we trade in our plan for a good ol' emotional freak-out.

As Nassim Taleb put it, *real strength lies in the domestication of one's emotions*, not in pretending they don't exist.





STEP

3



# PRACTICE OBJECTIVITY

“Don’t let the force of an impression when it first hits you knock you off your feet; just say to it:

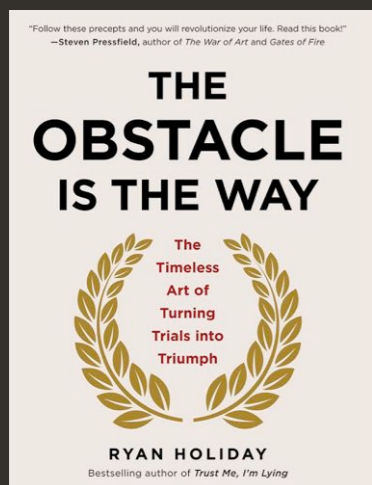
‘Hold on a moment; let me see who you are and what you represent.

Let me put you to the test.’ ”



EPICTETUS

Get THE OBSTACLE IS THE WAY







## STEP 3: PRACTICE OBJECTIVITY

In our lives, how many problems seem to come from applying judgments to things we don't control?

Perceptions give us information at the exact moment when it would be better to focus on what is immediately in front of us.

*We must question our animalistic impulse to immediately perceive what happens.* But this takes strength and is a muscle that must be developed.



STEP

4



# PRACTICE CONTEMPTUOUS EXPRESSIONS

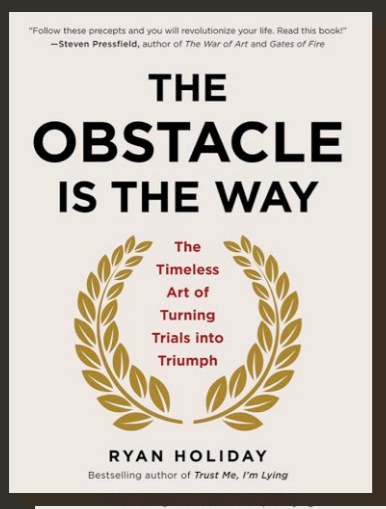
“The question is not what you look at,  
but what you see.”



HENRY DAVID



THOREAU

Get THE OBSTACLE IS THE WAY







STEP 4: PRACTICE  
CONTEMPTUOUS EXPRESSIONS

The Stoics used contempt to lay things bare and “strip away the legend that encrusts them.”

Roasted meat is a dead animal. Vintage wine is old, fermented grapes.

We can do this for anything that stands in our way, *seeing things as they truly, actually are, not as we've made them in our minds.*



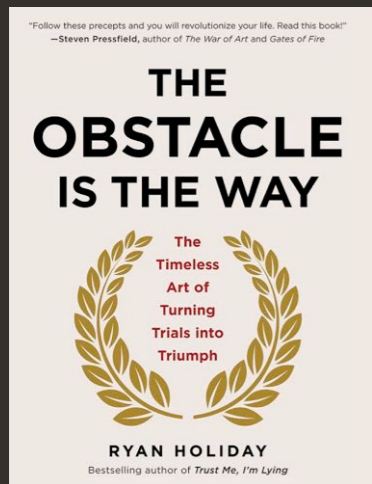
STEP

5



# ALTER YOUR PERSPECTIVE

“Man does not simply exist but always decides what his existence will be, what he will become the next moment. By the same token, every human being has the freedom to change at any instant.”



VIKTOR



FRANKL

Get THE OBSTACLE IS THE WAY





## STEP 5: ALTER YOUR PERSPECTIVE

Remember: We choose how we'll look at things.

What we must do is *limit and expand our perspective to whatever will keep us calmest and most ready* for the task at hand.

Think of it as selective editing—not to deceive others, but to properly orient ourselves.



STEP

6



# LIVE IN THE PRESENT MOMENT

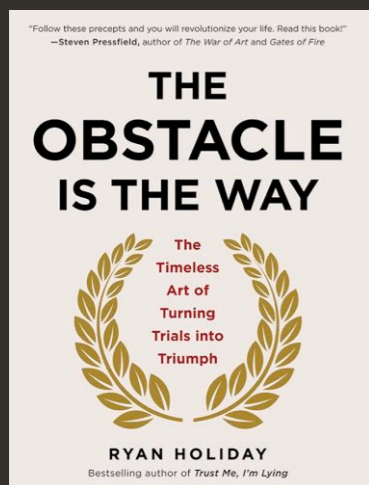
“The trick to forgetting the big picture is to look at everything close up.”

CHUCK



PALAHNIUK

Get THE OBSTACLE IS THE WAY







## STEP 6: LIVE IN THE PRESENT MOMENT

It doesn't matter whether this is the worst time to be alive or the best, whether you're in a good job market or a bad one.

What matters right now is right now.

*Focus on the moment, on what you can control right now.* Not what may or may not be ahead.





STEP

7



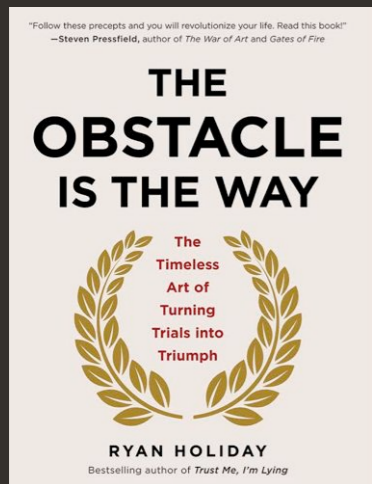
# LOOK FOR THE OPPORTUNITY

“A good person dyes events with his own color...and turns whatever happens to his own benefit.”



SENECA

Get THE OBSTACLE IS THE WAY





## STEP 7: LOOK FOR THE OPPORTUNITY

The reality is *every situation, no matter how negative, provides us with a positive*, exposed benefit we can act on, if only we look for it.

Maybe you were injured recently and are laid up in bed recovering. Now you have the time to start the book or the screenplay you've been meaning to write.

That business decision that turned out to be a mistake? See it as a hypothesis that was wrong. Like the scientist you can learn from it and use it in your next experiment.

Remember: This a complete flip. Seeing through the negative, past its underside, and into its corollary: the positive.

