

Your life has many things that happen without your control.

The weather, others' actions, and sometimes your mind.

Do you feel that you do things without thinking about them?

Are you a procrastinator or have bad habits you wish to control?

If you answered YES to any of these questions, then your mind is weak.

What do I mean by that?

Well, you more often than not have the decision to influence your own actions yet you still choose to do the wrong thing.

Tell me, what are some things you wish you were better at?

Getting up earlier, finishing your report, or working out.

The solution sounds as simple as just taking action.

But, it takes much MORE than that. It takes a different level of mindset to do things against your flesh's desires.

Your mind wants to run, yet your body wants to stay on the couch all day.

Your mind lost the fight if you didn't work out.

Do you not want your dream chiseled body?

Chances are that you do, yet your mind is always defeated.

If you won, then chances are that you have a strong mind. More than most.

Having a strong mind is being able to do the things YOU MUST even if you don't feel like it.

This philosophy is called STOICISM...

Stoicism teaches you to do good for yourself and others even when your body tells you to do otherwise.

Stoicism is doing the hard things when you would rather be sitting on your ass.

Adopting this philosophy will change your life.

You will study despite being tired, work out despite feeling lazy, and you will do what your mind tells you to.

You will beat your body into submission.

Full control of your body...

Marcus Aurelius was a man that taught this philosophy back in Ancient Rome. A ruler with absolute power yet he had a pure soul.

Imagine being able to kill anyone, have sex with anyone, or have anything you want, yet you choose to not do any of that. That is true mental strength.

Marcus took care of his mind and soul over everything. Sure, he was a man that many of us can aspire to be like, yet many of us would have fallen to temptation compared to him.

He always did what his soul and mind wanted. His flesh's desires were put behind him.

Regardless of whether you believe in God or not, your mind is always in battle.

You should always choose to DO GOOD. Not just for yourself, but for others.

Imagine what you could accomplish with your mind always being in control. Your body has no chance but to bend to its will.

Your dream body...Done!

Your dream job... Done!

Your business... Done!

Practice stoicism today and take control of your life. Your body and mind will thank you.