

Daily Reflection from an Epicurean View

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One reflection which probably wouldn't find its way into Epictetus' or Seneca's lists is to think back on the pleasant things you experienced today. These could include big things, accomplishments, brief moments....

Building memories of pleasures is useful for bringing to mind when things aren't going well. It's also useful because the more you do it, the more you appreciate joyful moments throughout the day as they happen. As you reflect on specific experiences of pleasure, you can also examine what made them pleasurable to you, and relate these experiences to Epicurus' categories of desires and PDs dealing with pleasure.