

# Daily life of ancient Epicureans / 21st Century Epicureans

Post by "Robert" of May 23, 2025 at 12:10 AM

[Quote from DaveT](#)

So, looking at one of the Vatican sayings: [VS71](#). **Question each of your desires: "What will happen to me if that which this desire seeks is achieved, and what if it is not?"** simply requires I create a daily/weekly/monthly practice to ask myself that question. Whether that becomes my personal "ritual" to live a happy Epicurean life remains my task.

That's such a great, practical approach. I found several occasions today to apply it at work--e.g. the wish to argue with someone, not reply to an email, etc.