

**May 5th – YOU ARE THE PROJECT**

*"The raw material for the work of a good and excellent person is their own guiding reason..."*

— *Epictetus, Discourses, 3.3.1*

Professionals don't have to justify spending time training or practicing their work. It's what they do, and practice is how they get good at it. The raw materials vary from career to career, just as the locations and duration vary depending on the person and the profession. But the one constant is the working of those materials, the gradual improvements and proficiency.

According to the Stoics, your mind is the asset that must be worked on most—and understood best.

**Key Vocabulary:**

1. **Raw material** – The basic input or substance from which something is developed or made.
2. **Professionals** – People who are skilled in a particular occupation or field.
3. **Proficiency** – A high level of skill or competence.
4. **Practice** – Repeated exercise or performance of an activity to improve skill.
5. **Asset** – A valuable resource, quality, or trait.