

May 2nd: BE THE PERSON YOU WANT TO BE

"First tell yourself what kind of person you want to be, then do what you have to do. For in nearly every pursuit we see this to be the case. Those in athletic pursuit first choose the sport they want, and then do that work."

— Epictetus, *Discourses*, 3.23.1–2a

An archer is highly unlikely to hit a target she did not aim for. The same goes for you, whatever your target. You are *certain* to miss the target if you don't bother to draw back and fire. Our perceptions and principles guide us in the selection of what we want—but ultimately our actions determine whether we get there or not.

So yes, spend some time—real, uninterrupted time—thinking about what's important to you, what your priorities are. Then, *work* toward that and forsake all the others. It's not enough to wish and hope. One must *act*—and act right.

Key Vocabulary & Phrases:

1. **Pursuit** – The act of trying to achieve or follow something.
2. **Athletic pursuit** – Engaging in a sport or physical activity with purpose and discipline.
3. **Aim for** – To direct effort or focus toward a specific goal.
4. **Target** – A goal or objective one tries to reach.
5. **Certain** – Guaranteed or inevitable.
6. **Draw back and fire** – A metaphor from archery meaning to make the effort and take action.
7. **Perceptions** – How we see or interpret things.
8. **Principles** – Core beliefs or rules that guide actions.
9. **Ultimately** – In the end; finally.
10. **Determine** – To cause or influence something to happen.
11. **Uninterrupted time** – Focused time without distractions.
12. **Priorities** – The things that are most important to you.
13. **Forsake** – To abandon or give up on something.
14. **Wish and hope** – Passive desires without action.
15. **Act—and act right** – To take meaningful action, guided by values and purpose.