

THE MEDITATIONS OF MARCUS AURELIUS

**“RULE YOUR
HOME COURT”**

**LESSONS ON BETTER THINKING FROM A ROMAN EMPEROR
BOOK SUMMARY**

THE MENTAL GAME OF ROMAN EMPEROR MARCUS AURELIUS

Marcus Aurelius' book was not a book. It was his personal notebook where he wrote down his thoughts and experiences. His writing was done in a very particular way with a particular aim.

He **practicing philosophy to change his moods, to move on after setbacks** and become a better strategist.

You could say **Marcus was the Emperor of two kingdoms:**
1/ the Roman Empire
2/ his Internal Empire



A BASKETBALL PLAYER PLAYS ON TWO COURTS

Just like Marcus Aurelius basketball players'
play a game on two courts:

1/ the basketball court

2/ your Home Court that only you can see

“To be an athlete in
the greatest of all contests –
the struggle not to be
overwhelmed by anything
that happens.”

– Marcus Aurelius



**YOUR
POSTURE**

**HOW YOU
FEEL**

**HOW YOU
THINK**

“You need to avoid certain things in your train of thought: everything random, everything irrelevant.

You need to **get used to seeing your thoughts, so that if someone says, **“What are you thinking about?”** **you can respond at once** that you are thinking this or thinking that.”**

- Marcus Aurelius

EA



RETURN TO YOUR HOME COURT TO CLEAN YOUR MIND

“People try to get away from it all by traveling –
to the beach, to the mountains.

You always wish that you could travel too.

Which is idiotic:

you can get away
from it
anytime you like.
By going within.”

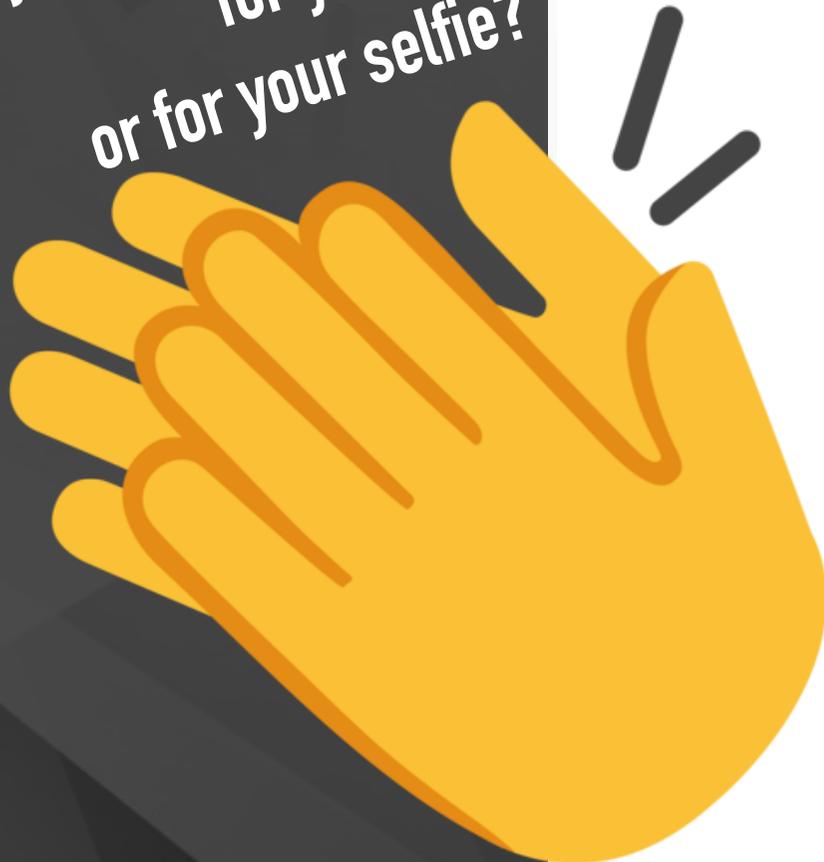
– Marcus Aurelius



DON'T WORK FOR THE OF OTHER PEOPLE



Are you putting in work
for yourself
or for your selfie?



“Are you worried about your reputation?
But look at how soon we're all forgotten!
The emptiness of all those applauding hands.
The people who praise us . . . and
how they behave themselves.
And the tiny region in which this all takes place.
The whole earth is just a tiny point in space –
and most of it uninhabited.
How many people will there be to like you,
and how they are acting themselves.
So many of the **liked** are already **forgotten**,
& those who **remembered** them **died** long ago.”
– Marcus Aurelius

DID THIS RUIN YOUR CHARACTER?

**“Choose not to be harmed
and you won't feel harmed.
Don't feel harmed
and you haven't been.**

**It can ruin your life
only if it ruins your character.
Otherwise it cannot harm you
inside or out.”**

– Marcus Aurelius

When you miss a shot or make a mistake
your aim should be “next play”.
What is in the past you cannot change.
Train yourself to think “next play”.



MOST OF WHAT WE DO IS NOT ESSENTIAL

So much time invested in thoughts, drills, words that instead of bringing us closer to our goals, distract us or move us away.
Therefore return to what is essential.



**“Most of what we say and do
is not essential.
If you can eliminate it,
you'll have more time,
and more tranquillity.
Ask yourself at every moment,
'Is this necessary?'"**
– Marcus Aurelius

LOVE THE DISCIPLINE YOU KNOW AND LET IT SUPPORT YOU

Often we allow our work ethic to become influenced by the people around us, while actually we know that we are not acting from our true potential. Therefore return to that inner discipline. Let it work as a support for your aims.

**“To be like the rock
that the waves keep crashing over.
It stands unmoved.**

**The wildness of the sea
falls still around it.”**

- Marcus Aurelius



WHEN YOU FEEL JUDGED BY OTHERS

“Enter their minds,
and you'll find
the judges
you are so afraid of
and how hard
they judge
themselves.”
– Marcus Aurelius

Many of us suffer from the spotlight effect:
we imagine everyone is watching us
and judging us while actually everyone is
mostly busy with themselves, judging themselves.



THE OBSTACLE IS THE WAY

Many of us have the habit of giving up when something becomes difficult. When something is difficult we see it as a barrier to our goal. What if that obstacle is actually part of the way or – is the way?



**“Do not assume
it's impossible
because you find it hard.
But recognise that
if it's humanly possible,
you can do it too.”
– Marcus Aurelius**

RULE YOUR DECISION-MAKING

Tough situations will often present themselves. Situations do not directly sculpt our decision-making, there is a moment in between what happens and our action, where we have a choice.



**“You don't have to turn this
into something.
It doesn't have to
upset you.
Things can't shape
our decisions
by themselves.”
– Marcus Aurelius**

THE BEST REVENGE IS NOT TO BE LIKE THAT

When others irritate us, they can actually serve as our anti-teachers: they behave in such a way that we do not want to become.

Rather than becoming more irritated, admit that you have acted like that before. Be grateful for that reminder.

**“When other people behave badly,
turn around and ask
“when have I acted like that?”**

**Your irritation will pass
as soon as you understand
that they acted without thinking.”**

– Marcus Aurelius



YOU'LL ONLY FIND IT ON YOUR HOME COURT



**“Today I escaped
from anxiety.**

**Or no, I gave it up,
because it was within me,
in my own perceptions –
not outside.”**

– Marcus Aurelius

DO YOU SEEK CALM?

We all like to be a bit more relaxed
to be able to breathe deeply
to be clear in our thoughts.

Why then, is our response to do more
to look at our phone, other people's lives?
One Home Court is enough to deal with.

Keep your Home Court clean.

**“If you seek calmness, do less.
More precisely do what is essential
Which brings a double satisfaction:**

to do less, better.”

- Marcus Aurelius



THE MEDITATIONS OF MARCUS AURELIUS

If you want to read more about The Meditations of Marcus Aurelius, please do buy the book. It is a goldmine example of the practical use by a Roman emperor of Stoic philosophy and **essential reading for any athlete who wants to become master of his thoughts on the court to stay “in the zone”** where you perform best throughout the game.

Don't just read the books, practice the books!

Buy the book here in a modern translation:
<https://amzn.to/2REqvwz>

