

I may never be remarkable for quick-wittedness. So be it; yet there are still a host of other qualities whereof I cannot say, 'I have no bent for them.' I should cultivate these, then, for they are wholly within my power: sincerity, for example, and dignity; industriousness, and sobriety. I can avoid grumbling; be frugal, considerate, and frank; be temperate in manner and in speech; carry myself with dignity. How many qualities there are which can be mine at this moment! I need not allege any incapacity or inaptitude for them. Furthermore, is it any lack of natural endowments that necessitates those fits of querulousness and parsimony and fulsome flattery, of railing at ill-health, of cringing and bragging and continually veering from one mood to another? Most assuredly not; I could have rid myself of all these long ago, and remained chargeable with nothing worse than a certain slowness and dulness of comprehension — and even this I can correct with practice, so long as I do not make light of it or take pleasure in my own obtuseness.

MARCUS AURELIUS (paraphrased)

Meditations; Book Five, Verse Five