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Photo by Rina Pitucci.Welcome back to mid-week Meditations, Lifehacker's weekly dip in the pool of stoic wisdom, and a guide to using her waters to reflect and improve your life. This week's pick comes from Sedeka. In His Moral Letters (88,7), he describes the real lessons to be learned from Homer's Odyssey: Do you ask the question: Through which areas does Ulysses stray? instead of trying to prevent ourselves from deviating at any time? We don't have free time to hear lectures on the question of whether it was sea-tost between Italy and Sicily, or outside our known world (indeed, so long a wandering couldn't possibly take place within its narrow confines); We ourselves face storms of spirit, which tosts us daily, and our corruption leads us to all the suffering that troubled Ulysses. For us there is never a lack of beauty to tempt our eyes, or the enemy to defeat us; on this side are wild monsters that delight in human blood, on the side this insidious charm of the ear, and there is shipwreck and all the various categories of mishaps. Show me rather, from the example of Ulysses, how I will love my country, my wife, my father, and how, even after the shipwreck he suffers, I will sail for these purposes, honest as they are. What it meansSola and the students--from antiquity to the present day—are trying to understand and remember all the names, dates and locations from Homer's saga, but all these details are off topic. Take a closer look at this line: Show me rather, by the example of Ulysses, how I am to love my country, my wife, my father, and how, even after the wreck suffering, I am to sail to these purposes, honorable as it is. G/O Media can get a commissionTo Seneca, the real lessons of this story are the moral lessons. I know, amazing, right? The Odyssey has nothing to do with cyclops monsters, Trojan horses, or stormy seas. It's about love, honor, temptation, hubris and perseverance. When you learn new material, it can be overwhelming when you think about how much time you... Read moreThings you need to get from this home to school, teachers may have quizzed you about the details of a book, lecture, tour, or movie to see if you really paid attention to the material. It's a system that sometimes works, but approaches the wrong approach to education in our minds. Instead of focusing on the real lessons of a story -- why -- instead we learned to Who, what, when and where. We learned to study for testing. It's time to stop this if you haven't already. Most of us are out of school now, and there are no more exams for us to study for. It's time to learn to study just for yourself. When you read books, watch movies and watch plays, look for ways to apply the lessons that characters learn in your own life. If you don't intend to be a quiz show winner, there's no need to All those little details that don't make you a better person. It's human nature to organize things. Cooks painstakingly organize their spices into different groups, either alphabetically or depending on how often they are used. Children throw away their pigs and sort their riches into piles of pennies, coins, pennies and quarters. Even items in a grocery store are grouped in a certain way. Head down the international aisle, and you'll find packets of Chinese egg noodles sitting next to boxes of taco shells. Chemists, as it turns out, are organizational junkies, too. They look for similar physical and chemical properties between the elements, the basic forms of matter, and then try to fit them into similar groups. Scientists began trying to organize the data in the late 1800s, when they knew about 60. Their efforts, however, were premature, since they lacked a key piece of information: the structure of the individual. While initial attempts failed, an attempt by a Russian chemist called Dmitry Mendeleev showed many promises. Although Mendeleev was not 100 percent correct, his approach laid the groundwork for what is now the modern periodic table of data. Today, the periodic table organizes 112 branded items and recognizes several more anonymously. It has become one of the most useful tools in chemistry, not only for students, but also for working chemists. It sorts the data according to their atomic number (more on this soon), tells us about the nuclear composition of any given element, describes how electrons are positioned around one given element and allows us to predict how one element will react with another. So, what exactly is this feat of organization? Continue reading as we examine the history, organization and uses of this most user-friendly chemical tool. Last updated on November 18, 2020 If you're like me and really in self-development, you've probably read a lot of the thousands of self-help books out there on the market. But also like me, you can probably find all the information a little overwhelming. That's why I wanted to do the self-less work of making the most important, life-changing lessons I've learned from these books and condensed them into 50 key points. Here are 50 habits of successful people you need to learn:1. Believe it to see ItOur minds tend to focus on what's going on around us and refuse to see what could happen. Only when you trust what's possible and dare to dream big, big things can happen for you.2 See the problems as a wonderful gift While others only see the and give up, successful people use the problem as a lesson to find improvement in themselves or work at hand.3. Keep looking for solutions! if you're knee-deep in trouble, successful people will still put all their focus on finding solutions.4. Remember that it's all about the JourneySuccessful people are is and methodical in creating their own success. They don't sit around doing the minimum, hoping that success finds them.5 Feel the fear and do it AnywaySubsy is so much fear on the way to success, but instead of letting that fear control and limit them, successful people do a good job of just forging ahead independently.6 Always Ask Productive QuestionsIt's about asking the right questions. Successful people make sure they are questions that will extract information about a more productive, creative and positive mindset moving forward.7 Understand the best waste of energy is complaining Diligent people know that choosing to see the negative side of things will only create a useless and counterproductive situation.8. Don't play Blame GameTaking responsibility for actions and results is a form of empowerment that you can build on your success. While the act of blaming others or external circumstances takes this empowerment away from you. 9. Maximize your powersNo successful person is simply more talented than the rest, but they use what they know to be good to achieve more successful results.10 To be in it to winThive people are busy, productive and pre-active. Instead of sitting around overthoughting and over-designing a great idea, they just take a step towards how small.11 Know that success attracts SuccessPeople who are successful surround themselves and look for like-minded people. They understand the importance of being part of a team and forging win-win relationships.12 Really Choose to Be Successful Diagnosis great is a huge part of success, even if your dream seems impossible. Ambition is a mindset that must be a daily conscious choice.13 Visualize, visualize, imagine! You need to see your success in the eye of your mind before it even comes. Successful people clarify and get this certainty about what they want their reality to look like instead of just being viewers of life.14 Be a unique original people looking for what works and then create a unique spin on it. Imitation only subverts other people's ideas without originality.15 The perfect time to act is now waiting for the right time to act is basically procrastination wrapped up in an excuse. Successful people know there's never a perfect time so they can also just do it now.16 Keep Learning, Keep GrowingSeer learning is the key to a Life. Whether it's academic, life student or workable learning, it's all about expanding your knowledge and personal development.17 Always look on the bright side of lifeSocons people have the ability to find positive aspects in all people and circumstances no matter what.18 Are you having a bad day? Do it anyway! We all have bad moods, but it shouldn't be an excuse to stop everything. Giving in a bad mood just stops-starts your life, you, success way down.19. Sometimes risky business is necessary Risk calculations are necessary for success. It's about weighing the pros and cons while moving forward with this element of trust. 20. Accepting Challenge All TimeDealing with problems head-on is one must be successful. Successful people also face challenges in order to improve.21. Make your own luck in the mindset of a successful person, there is no such thing as luck or fate. They take control to actively and consciously create their own better life.22 Ignite your initiative! trust many people are reactive, successful people are proactive – taking action before you need to.23. Being the master of your emotionsWhying effective in managing emotions is the key to success. That doesn't mean successful people don't feel like all of us, but they're just not slaves to their emotions.24 Champion in CommunicationEdics working on effective communication skills gets closer to success.25 Designing people's strategically valid lives is not a clumsy series of unplanned events and results, working methodically to turn their plans into reality.26 Become exceptional in what you do to become exceptional, you typically have to do things that most people don't. To be successful, tough decisions must be taken and action on them is vital.27 Choose to live outside the comfort zoneTo many people are pleasure junkies and avoid pain and discomfort at all costs, successful people understand the value and benefits of working through the hard things that most will avoid.28 Live by Core ValuesSuccessful people first identify their core values and what is important to them, then do their best to live a life that reflects those values.29 Make money is not EverythingMoney and success is not interchangeable and the most successful people understand that. Putting money on a pedestal and equating it with success is a dangerous mindset to have. Success comes in many forms.30 Don't get carried Away People understand the importance of discipline and self-control and are therefore happy to take the road less traveled. 31. Self-esteem is not associated with successful people being safe. They do not derive their value from what they own, who they know, where they live or what they look like.32 Kindness Breeds Kindness (and Success) and kindness is a common feature among long-term successful people. It is important to enjoy helping others succeed.33 More humility, less arrogance Allowed people are humble and happy to admit and apologize for mistakes. That's because they're confident in their ability. They are happy to learn from others and happy to make others look good rather than seek their personal glory.34 Change Opens New DoorsUns that are successful are customizable and embrace change, change, the majority are creatures of comfort and habit. They are comfortable embracing the new and the unknown.35 Success requires a healthy bodyIt is not just how you think, it's about how you turn up for success. Successful people understand the importance of being physically well, not for futile reasons, but because being in perfect condition creates a better personal life for success.36 Laziness Just doesn't exist Artful people are never considered lazy. Yes, they can relax when needed, but working hard is their game.37 Resilience from the Bucket LoadWhen difficulty strikes, most will throw in the towel, but successful people are just warming up.38 Feedback is just another opportunity to improveHow people react to comments determines their potential for success. Being open to constructive criticism and acting on it to improve is more visible to those who are successful.39 Vibe attracts you Tribelf people are hanging out with toxic and negative people, then you need to take a look at themselves. Successful people hang out with others who are positive and supportive.40 Can't you control it? Forget ItSuccessful people don't invest time or emotional energy in things they have no control over.41 Swim against the TideSuccessful people are not human-pleasers and do not need constant approval from others in order to move on. 42. Alone Time Is Valued TimeMore self-esteem means being more comfortable with your own company. Successful people are happier and see the value in spending time on their own.43 Self-Standard is higher than MostEveryone has the option to set high standards for themselves. Successful people do this, which in turn produces greater commitment, greater momentum, better work ethic and, of course, better results.44 Failure is not rationalizedIn many use age, health, lack of time, bad luck, or lack of opportunity to explain away their failure, the key to success is to find a way to succeed despite facing these challenges.45 Down Time is an important part of a routineHaving a switch off and taking time to do things that make them happy is a common feature of a successful person. Take a look here The importance of Downtime programming.46. Career is not who you are, it's what doSuccessful people know their career is not their identity. They are multidimensional and do not define themselves by their work.47 To be interested only in the of resistanceY most people seek the easiest way or shortcut, successful people are more interested in the most effective way. They are looking for the course of action that will yield the best long-term results.48 Follow ThroughMany spend their lives starting things that never end, but successful people do their job. Even when excitement and innovation is worn out they still follow and end.49 Invest in everything Dimensions We are not only physical and psychological beings, but emotional and spiritual creatures as well. Successful people consciously work to be healthy and productive at all levels.50 Put your money where your mouth isTo succeed, it is important to practice what you preach. Successful people don't talk about theory, they live reality. So there you have it, a summary of what I've learned from the self-help books. But of course, you need to start taking steps in order to get closer to success too. Bonus: 5 bad habits to quitmore on SuccessFeatured photo credit: Juan Jose via unsplash.com unsplash.com

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