



by Christopher Williams

“The chief task in life is simply this: to identify and separate matters so that I can say clearly to myself which are externals not under my control, and which have to do with the choices I actually control. Where then do I look for good and evil? Not to uncontrollable externals, but within myself to the choices that are my own”

Readers have likely heard a form of this quote at some point in their careers - be it a podcast or article on leadership, a book on living well, or from a leader in an organization of which they were a part. Though a simple message, many of us fall short in aspiring to this 'chief task,' as presented so eloquently by [Epictetus](#).

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