Sparta Self- Confidence Rules

Introduction

The Spartan culture revolved around four core values: duty, discipline, obedience, and courage. They inculcated these values through strict upbringing and grueling physical activities such as long-distance running, wrestling and javelin competitions. From an early age, Spartan society placed a strong emphasis on duty to one's polis or city-state. Spartans grew up with a strong sense of loyalty to Sparta and took great pride in dying for their city-state. According to historians, discipline, obedience and courage were the most important qualities that the Spartans valued above all else. In general, Spartan society distinguished itself among its contemporaries by emphasizing both physical and martial fitness, as well as an unrelenting devotion to duty and selflessness, traits that persisted even during sporting events or war. These wonderful qualities make Sparta an inspiration even today when it comes to values such as fitness, valor and patriotism[1].

They placed these virtues above all else, as you can see in the following Spartan quotes.

Self -Confidence (SC) Rules

SC1. Do not return from a challenge having not given everything
King Leonidas (Battle of Thermopylae against Persia, 480 BC): 'No retreat, no surrender; that is Spartan law. And by Spartan law, we will stand and fight, and die.'
The greatest shame for a Spartan was to return home alive from a lost battle.

SC2. Fight for a good cause

King Leonidas: 'If you had any knowledge of the noble things of life, you would refrain from coveting others' possessions; but for me to die for Greece is better than to be the sole ruler over the people of my race.'
Fighting for a good cause will enhance your self-confidence. Use every ounce of your being to ush that cause further and do not be afraid to defend it to the end.

SC3. Partake in training
Euripides: 'The daughters of Sparta are never at home! They mingle with the young men in wrestling matches.'
Sparta had a very hard training regime called the '*agoge'*, designed to instill unrivalled courage and self-discipline and shape the characters of Spartan youths.
The **agoge** was the training program prerequisite for Spartan boys entered it at age seven, and would stop being a student of the agoge at age 21. It was considered violent by the standards of the day, and was sometimes fatal. Participants were required to live in the open or in barracks, and were restricted from contact with birth families or wives. According to Plutarch, the main purpose of the **agoge** was for Spartan boys to undergo intense physical trials to prepare their bodies for the harshness of war. The competitive nature of athletic events encouraged hard work and merit. However, the **agoge** likely had a second purpose: to instill in young children a collective Spartan identity[2].

Take part in structured, well organized and respected training programs, ensuring you see them through to the finish. Effective training prepares you for life better.

SC4. Accept death to reach your potential
Aristodemus, Spartan Warrior: 'You should reach the limits of virtue before you cross the border of death.'
Tyrtaeus: 'It is truly beautiful for one to be among the first to die fighting for his country, as a brave man'. 'Spartans, eat well, for tonight we dine in Hades.'

Face your fate with courage and honor. Appreciate the time you have, and live each day to the fullest. Don't be afraid of death, for it is a natural part of life. This is one of the most unique spartan quotes.

Accepting death will allow you to live your life with courage. It will free your mind from the limitations of fear, bringing forth your true potential and growth.
According to psychologist Andrea Brandt, Ph.D. (see article in Psychologytodey.com[3]), there is a benefit in accepting that someday you, too, will die.

There is a benefit in accepting that someday you, too, will die. Recognizing your mortality can help you take stock of your life and open your eyes to the opportunities in front of you. Sensing your mortality can be a catalyst to create something that will outlast you, touch lives that will outlive you, and experience the places and things you'd always filed away in your mind's "someday" drawer.

SC5. Seek out intense competition
Spartan proverb: 'Only the Hard, Only the Strong.'
Spartan Mother: 'Either quit your thieving or quit breathing.'
Spartan Creed: 'He who sweats more in training bleeds less in war.'
King Leonidas: 'No retreat, no surrender; that is Spartan law. And by Spartan law, we will stand and fight, and die.'

The bottom-line is to fight. And because you fight, you are bound to succeed. Seek out intense competition and push yourself harder. A physical or mental trial, once completed, will make you feel re-born again, better than ever.
Streamline your life. The Spartans understood that focus is the key to excellence. They eliminated distractions and lived simply to concentrate on their primary goal: becoming the greatest warriors.

SC6. Be good and kind
Chilon of Sparta: 'If you confer a benefit, never remember it; if you receive one, never forget it.' 'When you are wronged, be conciliatory, when you are insulted, do not seek revenge.'

A good and kind act can boost your feelings of confidence, being in control, happiness and optimism. It may also encourage others to repeat the good and kind deeds they've experienced from you. This way, you are contributing to a more positive community. Acts of goodness and

kindness, in the long run, have the potential to make the world a happier place[4].

SC7. Practice Self-Discipline
Chilon of Sparta: 'Control your anger'. 'Know thyself'.

Before battle, Spartan warriors kept their nerves at bay by staying busy with various tasks and physical rituals. In their youth, they had memorized verses of the poet Tyrtaeus, which they recited to themselves and sang and chanted as they marched on campaign. In the days prior to battle, they exercised before breakfast, had further military instruction and training after eating, and engaged in exercise and athletic competitions in the afternoon. During moments of repose, the men dressed and groomed their hair, and polished the brass exteriors of their shields.

If possible, try to do something to distract yourself for a while before trying to deal with the situation that made you feel angry. Doing something to distract yourself mentally or physically can help stop your anger escalating. It could be anything that completely changes your situation, thoughts or patterns.

The Spartans were known for their incredible self-discipline and self-control. They understood that true strength came from mastering one's mind and impulses and becoming mentally strong. In our modern lives, self-discipline is just as crucial for building mental resilience and achieving our goals.
The Spartans cultivated discipline in all aspects of life, creating a self-reinforcing cycle of excellence[5].

Epilogue

Setting clear goals and sticking to them, even when they get complicated, is key. Developing healthy habits and routines, such as waking up early, exercising regularly, and eating a nutritious diet, also contributes to self-discipline. Like the Spartans, strive to develop a mindset of discipline and self-control. Set clear goals and hold yourself accountable for your

actions. Stay focused on your objectives and resist the temptation to give in to distractions or temporary pleasures[6].

χχχAs Aristotle has said: ‘ Through discipline comes freedom’ and Plutarch seconded: ‘All Greeks know what is right, but only the Spartans do it’.

End Notes

1.For more details, see:
https://vocal.media/education/sparta-traditions-and-culture
Lypourlis, D. (2004). The Seven Sages, ZITROS, Salonica, Greece.
Raptis, G.A. (editor) (2008). The Spartans and their Quotations, by Plutarch. ZITROS Publishing, Salonica, Greece.
2.For more details, see:
https://en.wikipedia.org/wiki/Agoge
https://www.worldhistory.org/article/342/agoge-the-spartan-education-program/
3.For more details, see: ‘5 Strategies for Accepting Your Mortality’: Recognizing your mortality can help you open your eyes to your opportunities. Posted on Psychologytodey.com on July 3, 2017.

4.For more details, see:
https://www.thegoodnessandkindnessmovement.org/actsofkindness
https://www.virtuesforlife.com/100-ways-to-be-kinder/
5.For more details, see:
https://sobrief.com/books/spartan-discipline

6.For more details, see:
https://quotesanity.com/spartan-quotes-for-finding-inner-strength-and-motivation/

Bibliography

Ιωάννης Κυριαζόγλου, B.A (Hon), CICA
IT, Data Privacy and AI Consultant, Author and Poet
jkyriazoglou@hotmail.com

https://www.linkedin.com/in/john-kyriazoglou-531687242/
https://www.facebook.com/profile.php?id=100033503893103
https://www.researchgate.net/profile/John-Kyriazoglou-2
https://fylatos.com/member/ιωάννης-κυριαζόγλου/

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Βιβλίο 2. 'Ο άνθρωπος στην Ηλεκτρονική Εποχή'
https://fylatos.com/shop/ο-άνθρωπος-στην-ηλεκτρονική-εποχή/
Book 3. 'The Pandora Way: Ancient Greek Wisdom for a better life'
https://www.morebooks.de/store/gb/book/the-pandora-way:-ancient-greek-wisdom-for-a-better-life/isbn/978-3-659-53633-5

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https://www.amazon.com/dp/B08W4WWWSR?ref_=pe_3052080_397514860
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