

Ladislav Stupak

How can I become a better person

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**How can I become a better person?**

For my mom and sister.

Grammatical correction: Marieta Helcmanovská

Translation: Viliam Popovec

## **How can I become a better person?**

### **1. When can I become a better person?**

I can become a better person right now, because only here and now where I am, can I do something, say something, think something.

If I select ideas I deal with better, if I control what I am saying better, I will already do much to become a better person than I am now.

If I say something uncontrollably, frivolously, or just out of boredom, that may bring someone a not good feeling, then it will be very difficult to correct it again.

One very simple sentence in the Bible has a very profound meaning: "When someone takes your shirt, let him have your coat also"

It means to me that much, that if it happens to me, not to seek hatred, not to seek revenge, not to seek lawsuit. So that I would not let restlessness into myself, into my thoughts.

Once on my path I met Andrej.

Andrej told me that once, when he had to decide for one thing and was thinking about one form of solution, then he had restlessness in himself.

And so, he said to himself, this idea cannot be from God because the thoughts from God bring peace.

I always think of it when I have restlessness in myself.

Often, the solutions with which I am trying to solve my own tasks are wrong.

So, then I will say that I will wait with the solution until I have peace in my thoughts again. And the solution is then often much better.

It is a solution of a peaceful mind.

Samuelson and Nordhaus in their book Economics write about the concept of "Alternative costs".

"Alternative costs is the difference between what I could earn if I did something else and what I earn now."

This notion of alternative costs can also be generalized to leisure.

What do I do in my free time?

Is it meaningful, is it noble?