Metric Fixed Point Theory finds its roots in the famous Banach’s Contraction Principle (1922 as early as 1429). The theorem is named after Stefan Banach (1892-1945). This theorem was known and used before. For example, in the study of differential equations, the Picard-Lindelof theorem (also known as Picard’s existence theorem or Cauchy-Lipschitz theorem) is an important theorem on existence and uniqueness of solutions to first-order differential equations with given initial conditions. In this talk, I will discuss the extension given by Caristi that led also to Ekeland Variational Principle. I will explain the equivalence between Caristi and Ekeland. Then I will move to discuss the case of monotone mappings.