

10 STOIC PRINCIPLES EMPOWERING YOUR INNER LEADER

© Véronique Barrot

LEAD BY EXAMPLE

Always walk the talk. Be the leader you would follow – embody the qualities you value.

VIEW FROM ABOVE

Gain perspective by considering the bigger picture. Minor setbacks lose their sting.

PERCEPTION IS POWER

Your reality is shaped by your perception. Shift it, and you shift your world.

ACTION OVER WORDS

Leadership is about what we do, not just what we say.

LEAD FROM WITHIN

True leadership begins with self-mastery. Conquer yourself, then your world.

THE OBSTACLE IS THE WAY

Challenges are not barriers but paths to growth and empowerment.

PRACTICE GRATITUDE

There's power in acknowledging the value of what you have, here and now.

ACCEPT WHAT YOU CANNOT CONTROL

Focus your energy on what you can change, and accept what you can't.

EMBRACE DISCOMFORT

Comfort zones are the deathbed of progress. Seek out challenges.

REFLECT, THEN REACT

Pause and consider your actions; impulsivity is the enemy of wisdom.

