

DAILY STOIC REFLECTION GUIDE

Step 1: Set the Right Environment

- Find a quiet, comfortable space where you can reflect without interruptions.
- Take a few deep breaths to center your thoughts before you begin.

Step 2: Answer the Reflection Questions

1. What went well today?
 - Reflect on the positive aspects of your day. Consider the moments where you acted in alignment with your goals, showed patience, or demonstrated resilience.
 - Example: "I remained calm during a stressful meeting and listened patiently to everyone’s input."
2. What challenges did you face?
 - Identify moments where you encountered difficulties. Reflect on how you responded, both emotionally and behaviorally. Were there moments of frustration, anger, or doubt?
 - Example: "I struggled with frustration when my project got delayed. I found it hard to keep my composure at first."
3. How can you apply Stoic principles tomorrow?
 - Think about how Stoic virtues like patience, wisdom, and courage can help you handle future challenges. Plan small actions to implement tomorrow.
 - Example: "I will remind myself that setbacks are part of the process and try to focus on what I can control, not what I can't."

YOU HAVE POWER OVER YOUR MIND – NOT OUTSIDE EVENTS.
REALIZE THIS, AND YOU WILL FIND STRENGTH.” – MARCUS AURELIUS