

## STOIC VIRTURES

<b>1. Wisdom</b>	<p>The ability to judge correctly and see reality clearly.</p> <p>It includes:</p> <ul style="list-style-type: none"><li>• Good judgment</li><li>• Learning from experience</li><li>• Understanding what you can and cannot control</li><li>• Making rational decisions rather than emotional reactions</li></ul> <p>Stoics believed wisdom guides the other virtues.</p>
<b>2. Courage</b>	<p>Strength to do what is right even when it's uncomfortable or risky.</p> <p>This includes:</p> <ul style="list-style-type: none"><li>• Moral courage (speaking truth)</li><li>• Perseverance</li><li>• Resilience during hardship</li><li>• Standing by your principles</li></ul> <p>For Stoics, courage isn't just battlefield bravery—it's everyday integrity.</p>
<b>3. Justice</b>	<p>Treating others fairly and acting for the common good.</p> <p>It involves:</p> <ul style="list-style-type: none"><li>• Honesty</li><li>• Keeping promises</li><li>• Respect for others</li><li>• Contributing to society</li></ul> <p>Stoics believed humans are social beings, so justice is central to a meaningful life.</p>
<b>4. Temperance</b>	<p>Self-control and balance.</p> <p>Examples:</p> <ul style="list-style-type: none"><li>• Moderation</li><li>• Discipline</li><li>• Not being ruled by impulses</li><li>• Emotional regulation</li></ul> <p>This virtue keeps desires and reactions in check.</p>

## LATIN STOIC REMINDERS

MOMENTO MORI	We could die tomorrow; make the best of each day Be grateful for what I have tomorrow is a gift  Death is something we are always moving toward  You are born and die alone and this world drops rules on top of you to make you forget this fact. But strive  Life like you will die tomorrow Learn like you will live forever
AMOR FATE	Love fate, detach from outcome focus on process, the obstacle is the way.  Don't fear change- Be prepared, You can handle – good either way  They dumped you and you found some one better 😊 They fired you and you found a better job
SUMMUN BONUM	The highest good. Do the Right thing, the Right way, for the Right reason
PREMDIATO MALOREUM	Use Negative visualization – take strength from pessimism – be prepared – have low expectations.  Don't start from behind. Slow down, don't be jerked around – don't let things coming in from the outside mess you up.
SYMPATHEA	We are all connected to a common goal and are part of the Human Organization – be kind compassionate and generous.

## THE “STOIC” KEY TO WISDOM ARE THESE THREE IDEAS

<p>Know what you CAN control</p> <p>Your actions Your responses Your behavior</p>	<p>Keep a diary Morning routine – win the morning, win the day Decide to be in a good mood today –If not for yourself, for others. Reward yourself with a positive habit Pick a great leader to study – adults get to pick their parents Identify a destructive pattern and break it. Select a prized possession and replace it with something cheaper Solve one nagging problem Understand something you disagree with Eliminate a grudge Do something that scares you Set a service goal Evaluate how you did today Place gripes in a Stoic dumping ground Examine the costs of panicking Seek Stillness Have confidence in your ability to make the best of anything Limit news consumption Stick to your routine Take care of your relationships You can't repress an emotion. But you meditate on the why. If you want to take care of others, take care of yourself first Fill the void with positivity and positive actions.</p> <p><b>Focus on what you can do RIGHT NOW</b> <b>Insulate yourself from other opinions</b> <b>Learn something about yourself.</b></p>
<p>Know what you CAN NOT control</p>	<p>Remain indifferent to wealth. Don't identify with success or failure. Don't look outside for approval – you are handing them the keys. Don't value other's opinion above your own – you don't even WANT their support, measure against your own values. Your health – but you can maintain it.</p>
<p>WISDOM – Discern the difference</p>	<p>Self-control – Focus on what you can control and what matters We control opinion desire aversion action We don't control body or our reputation but We control our response Journal thoughts</p>

## STOICS SAYINGS

Saying	Meaning
Grab the smooth handle	When you hear something that is said – even if it sounds like an insult – treat it like it is not. Don't turn it into something – Don't let it suck you in
Don't ask for the third thing	1- You did well 2- They benefitted 3- Now don't ask for the third thing (Their gratitude)
You are never too old to have a happy childhood	
What you are not changing, You are choosing	
Don't regret your decisions – you made the best one you could at the time with what you knew	
If you listen to the crowd, you will be part of the crowd	
Don't try to handle more than one crisis at a time	
Climb the second mountain	One can look at the first mountain as independence and freedom ... then the second mountain as purpose and fulfillment
Unless physical violence ---	
You are not a VICTIM – this word is psychologically defeating	
You are someone who has issues that are keeping you stuck (in a relationship job etc)	
Don't expect virtues from those who do not possess them	
You can't learn what you think you already know	
Cynicism is a form of cowardice	You have already surrendered
The obstacle is the way	The Stoics believed difficulty creates opportunity for virtue.  Obstacle → Practice virtue
<b>Situation</b> <b>Stoic action</b>	
Someone insults you      Practice restraint	
A project fails              Improve the system	
Delays happen              Practice patience	
Opposition appears      Refine your argument	
Slavery lurks beneath the marble and gold	
Seneca – you are OWNED by your possessions.	
(Car insurance!)	
Don't sweat the small stuff!	You can ignore, focus on what matters
Don't seek revenge	Don't be like the person who wronged you. I wasn't harmed by it, let it go – or just avoid in the future.

### **Random words of wisdom**

Consider the presenting problem – A problem well defined is half solved

Don't waste your effort litigating the past – use the patterns and learnings to define the future

Don't complain for 24 hours and see the difference

Keep a gratitude / success log

Manage your distractions – they are going to happen.

The HALT method - Don't make decisions or talk when you are

H)ungry A)ngry/Anxious L)onely T)ired

Have a conversation with the other side.

Don't have an opinion – let it go.

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