

Stoicism Worksheet

Stoicism is an ancient philosophy that teaches the development of self-control, fortitude, and rational thinking as a means to achieve personal happiness and wisdom.

1. The Four Virtues of Stoicism

- **Wisdom:** The ability to make sound judgments and decisions.
- **Courage:** The capacity to confront fear, pain, and adversity.
- **Justice:** The commitment to fairness and the greater good.
- **Temperance:** The practice of self-control and moderation.

2. The Dichotomy of Control

List five things you can control and five things you cannot control in your life.

- Can Control:

1. _____

2. _____

3. _____

4. _____

5. _____

- Cannot Control:

1. _____

2. _____

3. _____

4. _____

5. _____

3. Daily Reflection

Spend a few minutes each evening reflecting on your day. Answer the following questions:

- What did I do well today?

- What could I have done better?

- How did I handle situations that were out of my control?

4. Negative Visualization (Premeditatio Malorum)

Imagine possible challenges or losses you might face. How would you prepare for and handle them?

- Challenge/Loss: _____

- Preparation/Response: _____

5. Applying the Four Virtues

Identify a recent situation where you demonstrated or could have demonstrated one of the Stoic virtues.

- Wisdom: _____

- Courage: _____

- Justice: _____

- Temperance: _____

6. Aligning with Nature

Reflect on how you can live more in harmony with nature and your true self. List three actions you can take.

7. Creating a Stoic Routine

Design a daily routine that incorporates Stoic practices. Include activities such as morning reflections, mindfulness exercises, and evening reflections.

- Morning Routine: _____

- Midday Routine: _____

- Evening Routine: _____