STOICISM
101
HOW TO APPLY THE ANCIENT WISDOM
OF SENeca, EPICeTUS AND MARCUS AURELIUS
TO OUR MODERN LIVES

THE WORKBOOK
101
STOICISM
101
How to Apply the Ancient Wisdom of Seneca, Epictetus, and Marcus Aurelius to Modern Lives

1. THE CAST OF CHARACTERS
   - SENECA
   - EPICURUS
   - MARCUS AURELIUS

2. EUDAIMONIA
   A BOND WITH YOUR INNER DAEMON

3. PHILOSOPHER = WARRIOR OF THE MIND
   FROM THEORY
   INTO THE ARENA OF LIFE
   LIVE THE IDEA
   MY CONTROL
   THOUGHTS, BEHAVIOUR
   OUTSIDE MY CONTROL

4. NO RULE OF STOICISM
   KNOW YOUR WAY AND WALK IT
   EUTHEMIA

5. ENERGIZED TRANQUILITY
   RESERVE CLAUSE
   GOD WILLING
   LOVE WHAT IS!
   EVENT OCCURRED
   THEY WILL BE DONE

6. EQUANIMITY
   GAME
   HOW FAST CAN YOU GET UP AGAIN?

7. I DON'T CARE!
   WHAT WOULD MY FAVORITE HERO DO?
   LIVING WITH THE DAEMON!

8. THE IDEAL SAGE
   SOKRATES
   Buddha
   Socrates

OPTIMIZE ME
The Cast of Characters

What do you want to keep in mind about the characters of Stoicism? Take some notes...

Seneca

Epictetus

Marcus Aurelius
1. How good do you know your inner daimon? Try to describe your relationship...

2. These virtues help you to make your inner daimon proud. How are you currently doing in each of them?

- Arete
- Temperance (Self Mastery)
- Justice (Integrity)
- Fortitude (Courage)
Philosopher - Warrior of the Mind

Worksheet

1. Are you a librarian or a warrior? Where on the scale would you place yourself right now?
2. Try to describe how you are currently dealing with philosophical wisdom, reading, learning, applying, teaching, preaching...

3. What can you do to get yourself into action? How could you train your mind to apply the wisdom?

From theory to practice, build muscle-tone in your mind. Lean into the battle!

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**Stoicism 101**

**No 1 Rule**

**Focus**
Identify what is in your control. Take some notes.

**No 2 Rule**

**Indifference**
What is not in your control? Make a list...

MAKE THE SEPARATION

IF SOMETHING HAPPENS TO YOU, YOU CAN ALWAYS CHOOSE HOW TO THINK, REACT AND FEEL ABOUT IT.

MY CONTROL

THOUGHTS BEHAVIOUR

NOT IN MY CONTROL

MY CONTROL

OPTIMIZE

WITH OPTIMIZE.ME
1. **TRANQUILITY: KNOW YOUR PATH**

Describe the role that has been assigned to you. What would happen if you play it well?

2. **ENERGIZED: KNOW YOUR FUNDAMENTALS**

Get energized by taking care of your fundamentals. What do you need in terms of eating, moving, sleeping. How can you get or do more of it?
1. WHAT ARE YOU GOING TO DO, WHAT ARE YOU PASSIONATE ABOUT, WHAT ARE YOUR PROJECTS? WRITE THEM DOWN AND ADD "DEO VOLANTE" TO ALL OF THEM.

2. FOCUS ON THE PROCESS OF SHOOTING STRAIGHT—THEN LET GO...
WHERE DO YOU FIND IT HARD TO LET GO AND AT WHICH POINT SHOULD YOU LET GO—BECAUSE IT IS OUT OF YOUR CONTROL?
THY WILL BE DONE

Think of an event that occurred with an outcome you did not like...

1. Event
2. What was your reaction?
3. How would you have reacted with a "love what is" attitude instead?

Love what is!

Note: It's not a good idea to argue with God, the universe, or reality.
EQUANIMITY GAME
THE WORKSHEET

1. WHAT KNOCKS YOU DOWN?

2. HOW LONG DOES IT TAKE YOU TO GET UP AGAIN?

3. WHAT HELPS YOU FIND YOUR BALANCE?
I DONT CARE! I DONT KNOW!
I DON'T KNOW! I DON'T CARE. I CONCENTRATE ON LIVING WITH ARETE.

A) WHAT DO YOU WANT TO CARE LESS ABOUT?
B) HOW DO YOU WANT TO DO THAT?

BECAUSE YOU WOULDN'T HEAR ME IF YOU WERE DISTRACTED!
The Ideal Sage Worksheet

1. Describe

Who is your ideal heroic sage? What makes her/him special?

2. Transfer

Think of some difficult situations in your life. How would your sage react?

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TAKE AWAY
THE WORKSHEET

WHAT'S YOUR BIGGEST IDEA?

RECAP IN YOUR OWN WORDS OR VISUALS

SHARE WITH SOMEONE