

7 STOIC TOOLS FOR GROWTH & SUCCESS

Why not get into a journaling practice?

Use these seven tools and engage in an introspective daily journaling practice. Remember, at first this may feel difficult, but just like any other skill, it will become easier with practice.

Practice makes permanence. We create habits out of the things we do day in and day out.

MORNING INTENTIONS

What virtues and behaviours will you embody today? Which vices will you resist?

EVENING REFLECTIONS

How successful were you at achieving your intentions set out in the morning?

CONTEMPLATION OF THE SAGE

Ask yourself, 'What would my sage do?' and reflect on that.

THE VIEW FROM ABOVE

Take some time to consider the bigger picture.

CONTEMPLATING IMPERMANENCE

Remember everything in life is fleeting. What are you grateful for?

ZONING EXERCISE

Worried or anxious? Consider what is within and outside of your control and focus your attention accordingly.

EMBRACING DISCOMFORT

Discomfort results in adaptation. Cold showers are a great way to teach your body and mind to deal with stress that translates to other areas of life.

©PREKURE 2021 | www.prekure.com