

Discourses and Selected Writings

by Epictetus

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **The Morning Dichotomy Review**

Before your day begins, write your top three concerns. For each, draw a line down the middle: 'Up to me' vs 'Not up to me.' Commit fully to column one. Release column two deliberately, not reluctantly.

MON TUE WED THU FRI SAT SUN

- ⁰² **The Opinion Test**

When something upsets you today, pause and ask: 'Is my disturbance caused by the event - or by my opinion about the event?' Write the event, then write the opinion separately. The opinion is the lever.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Role Excellence Practice**

Choose one role you play this week (colleague, partner, friend, parent). Write one sentence: 'A person who plays this role excellently would...'. Then do exactly that, regardless of how the other person responds.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Voluntary Hardship**

Choose one small discomfort this week: a cold shower, skipping a meal, walking instead of driving. Do it deliberately, while thinking 'I choose this.' This is Epictetan training - you demonstrate to yourself that discomfort doesn't own you.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **The Judgment Pause**

When you feel the urge to judge, criticize, or complain about another person, pause and ask: 'Do I know their intentions? Do I know their full circumstances? Is this mine to judge?' Most of the time, the answer is no.