

# How to Think Like a Roman Emperor

by Donald Robertson

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

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## The Morning Preview

       

Before checking your phone or leaving bed, spend 2 minutes naming today's likely challenges - a difficult meeting, an annoying person, an uncertain outcome. For each, rehearse your response in advance. Ancient preparation, modern resilience.

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## Premeditatio Malorum

       

Choose one thing you've been avoiding thinking about because it scares you. Write it down. Then write: 'If this happens, I will...' Complete it honestly. Dread lives in the vague. Naming and rehearsing it drains its power - the clinical evidence for this is overwhelming.

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## The View From Above

       

When overwhelmed, take 60 seconds: close your eyes and zoom out. See yourself in your room, in your building, in your city, on the continent, on the pale blue dot. Your problem is real - and it is also very small. Return to it from that perspective.

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## The Stoic Pause

       

For one day, commit to a 10-second pause before every significant response - in conversation, in email, in reaction. In that gap ask: 'Is this up to me? Is my response the one the person I want to be would choose?' The pause is the entire practice.

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## The Evening Journal

       

Three questions before sleep, written not just thought: Where did I act with virtue today? Where did I fall short? What is one specific thing I will do differently tomorrow? Marcus did this for 20 years. The Meditations are that journal. Start yours tonight.