

Letters from a Stoic

by *Lucius Annaeus Seneca*

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 Write your own letter from your future self - one year from today

Seneca: what would you tell yourself right now if you could see where the path leads? Write it. Read it. Live accordingly.

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02 Do a time audit - where is your attention actually going each day?

Seneca: track one full day in 30-minute blocks. Label each block: 'used' or 'wasted.' Most people are shocked by what they find.

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03 Premeditatio malorum - each morning, imagine what could go wrong today

Seneca: not to catastrophize, but to inoculate. When you've already imagined the difficulty, the actual difficulty loses its power over you.

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04 Practice refusing one thing you want every day

Seneca: the muscle of voluntary discomfort is trained in small moments. Say no to one small pleasure. Notice the feeling of freedom it produces.

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05 Read one letter of Seneca's and annotate it by hand

Seneca: take the text seriously. Mark the sentence that lands hardest. Write one sentence in response. This is how ancient wisdom becomes present.

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06 End each day with an evening review - what did I do well? What did I waste?

Seneca: three questions before sleep. What did I do today that mattered? What did I not do? What will I do differently tomorrow?