

# Lives of the Stoics

by Ryan Holiday, Stephen Hanselman

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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

<sup>01</sup> **Morning Reflection: The Dichotomy of Control**

Each morning, ask: what can I control today? What can't I? Make the distinction explicit. Then focus your energy on what's actually in your control.

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<sup>02</sup> **Memento Mori Practice**

Each morning: imagine this is your last day. What would you do differently? What would you stop doing? Let this inform how you spend the actual hours ahead.

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<sup>03</sup> **The Obstacle Reframe**

When you encounter an obstacle, ask: how is this the way? What is this obstacle teaching me or forcing me to do that I wouldn't have done otherwise?

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<sup>04</sup> **The Negative Visualization**

Periodically, visualize something you value being taken away. Health, wealth, relationship. Not to be morbid - to pre-grieve, to appreciate, to reduce the shock if it happens.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Evening Review**

Each evening: what did I do well? What did I fail at? What can I learn from today? This simple daily review - the Stoic equivalent of agile retrospectives - compounds over time.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **The 'Would This Matter in 100 Years?' Test**

When anxious or upset, ask: will this matter in 100 years? The vast majority of what distresses us disappears in the light of deep time. It's not that the problem is small - it's that time is vast.