

# Meditations

by Marcus Aurelius

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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

**01** **Begin each morning with the 'preliminary sketch' - 3 sentences on how you will meet the day**

Marcus: before the phone, before the inbox, before anything external takes hold - write three sentences. Who will you be today? What will you not be moved by?

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**02** **Use obstacles as the curriculum - when something blocks you, ask 'what is this teaching me?'**

Marcus: the delay, the rejection, the failure - each contains a lesson the smooth path cannot offer. Make the obstacle your teacher.

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**03** **Practice the View from Above - imagine your life from the perspective of the cosmos**

Marcus: when small things feel large, imagine seeing them from above. From that height, the emotional charge dissipates. What remains is what actually matters.

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**04** **End one relationship with someone who does not deserve your time or energy**

Marcus: your time is finite. The person who wastes it is stealing what cannot be returned. One act of boundary-setting is worth a hundred hours of passive tolerance.

MON TUE WED THU FRI SAT SUN

**05** **Do one thing today that you would do if this were your last day**

Marcus: the memento mori practice - not morbid, but clarifying. What would you prioritize? Who would you call? What would you say? Then do it.

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**06** **Respond to one provocation today with complete silence**

Marcus: not every attack deserves an answer. The person who cannot be provoked is the most powerful person in the room. Practice silence as a weapon.