

The Daily Stoic

by Ryan Holiday, Stephen Hanselman

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 Briefing - 3 sentences before you look at your phone

Before the inbox, before the news, before anything external takes hold - write three sentences: Who will I be today? What won't move me? What is the one thing I must do? This practice, done daily, changes the texture of the day before it begins.

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02 The Evening Review - what went well, what didn't, what to change

Each evening before sleep: name one thing you did well today. Name one thing you could have done better. Write one specific change for tomorrow. Three minutes. The Stoics called this the daily reckoning - it compounds over months into genuine character change.

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03 The Obstacle Journal - one obstacle per day, reframed

Write your current biggest obstacle at the top of a page. Then write: 'The way this obstacle is making me better is...' Complete the sentence honestly. This turns the Stoic insight - the impediment to action advances action - into a daily habit.

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04 Assign each week one Stoic discipline: Perception, Action, or Will

Don't try to practice all three at once. In week 1, focus only on how you interpret events. In week 2, focus only on acting decisively on what you know. In week 3, focus on accepting what you can't change. Rotation builds depth faster than diffuse attention.

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05 Voluntary discomfort - one deliberate hardship per week

Seneca wrote: 'Set aside days on which you will be content with the scantiest and cheapest fare.' Cold shower, one meal instead of three, a day without your phone. Not punishment - inoculation. Practice discomfort when you can choose it, so you're ready when you can't.

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06 The Amor Fati Day - accept everything that happens without complaint

Pick one day each month and commit: today I will accept everything that happens, out loud and internally, without complaint or resistance. Not passive - active love of what is. Even things you dislike. Especially those. This is the hardest practice in the book.