

# The Practicing Stoic

by Ward Farnsworth

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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> **The Three Voices Exercise**

Pick one current problem in your life. Write three short responses: one from Marcus Aurelius (private, self-correcting), one from Seneca (eloquent advice to a friend), and one from Epictetus (blunt, no-nonsense instruction). Notice which voice resonates most - that's your entry point into the practice.

MON TUE WED THU FRI SAT SUN

- <sup>02</sup> **The Judgment Audit**

For one full day, catch yourself adding judgments to events. Traffic jam - bad. Compliment - good. Rain - annoying. Each time, pause and strip the judgment. What remains is just the event. Count how many times you catch yourself. Most people hit 50+ on day one.

MON TUE WED THU FRI SAT SUN

- <sup>03</sup> **Read One Original Page Per Day**

Open Meditations, Letters from a Stoic, or the Discourses. Read exactly one page - slowly, in the original voice. No commentary. No summary. Just the ancient words. Let them sit with you for the rest of the day. This is how the Stoics intended their work to be used.

MON TUE WED THU FRI SAT SUN

- <sup>04</sup> **The Evening Examination**

Before bed, review your day with three questions the Stoics used: What did I do well? Where did I fall short? What would I do differently? Seneca did this every night. Marcus did it in writing. Do it however you want - but do it consistently.

MON TUE WED THU FRI SAT SUN

- <sup>05</sup> **Premeditation of Adversity**

Each morning, spend two minutes imagining the worst things that could happen today: a harsh email, a cancelled meeting, a lost client, an insult. Not to catastrophize - to prepare. When you've already rehearsed the difficulty, the real thing arrives smaller than expected.

MON TUE WED THU FRI SAT SUN

- <sup>06</sup> **The Comparison Detox**

Identify one area where you constantly compare yourself to others - income, appearance, career progress. For one week, each time the comparison arises, replace it with this Epictetus question: Is this within my control? If not, redirect your attention to something that is.