

# Weekly Reflection: CW #

**Date:** xx.xx.2025

**Place:** xx

## Short summary of the week

x

**Did I experience anger? envy? lust? Why did the week's events upset me? What could have I done to avoid getting upset?**

x

**What failures have you overcome? Where can you improve? What has disturbed my inner peace?**

x

## 3 things I am grateful for

1. x

**What goals did I achieve?**

## Professional life

1. x

## Private life

1. x

## State of mind and thoughts

x

# Stoic Inspirations

*“Keep away from low company.” - Seneca*

## Stoic Mental Checklist

### Are we practicing the psychological techniques recommended by the Stoics?

Do we periodically engage in **negative visualization**?

Do we take time to distinguish between those things over which we have **no control** at all, those things over which we have **some but not complete control**?

Are we careful to internalize our **goals**?

Have we refrained from dwelling on the past and instead focused our **attention on the future**?

Have we consciously practiced acts of **self denial**?

## Stoic Progress Checklist

### How to judge our process as Stoics?

Did my **relations with other people** have changed?

*Acc. to Epictetus, our feelings aren't hurt when others tell us that we know nothing or that we are “mindless fools” about things external to us.*

Do I **stop blaming, censuring, and praising** others?

*Acc. to Epictetus, we will stop boasting about ourselves and how much we know; and we will blame ourselves, not external circumstances, when our desires are thwarted. If we have made progress as a stoic, we will come to regard ourselves not as a friend whose desire must be satisfied “as an enemy lying in wait”.*

Did practicing Stoicism affect my **dream life**?

*Acc. to Zeno, as we make progress in our practice, we will stop having dreams in which we take pleasure in disgraceful things.*

Does my philosophy of life consist of **actions rather than words**?

*Acc. to Epictetus, what matters most is our ability to actually live in accordance of stoic principles.*

Did my emotional life change? Am I experiencing **fewer negative emotions**?

*We will also find that we are spending less time than we used to wishing things could be different and more time enjoying things as they are. We might be able to discover that our practice of Stoicism has made us susceptible to little outbursts of: We will, out of the blue, feel delighted to be the person we are, living the life we are living, in the universe we happen to inhabit.*

## **Stoic techniques to start practicing:**

- 1. Negative visualization.**
- 2. Practice trichotomy of control:** Distinguish between things we have **no control** over, things we have **complete control** over, and things we have **some control** but not complete control over.  
E.g. instead of winning the tennis match as your goal, make it your goal to prepare for the match as best as you can.
- 3. Do things that cause mental and physical discomfort.**