

Stoic Morning Journal

Marcus Aurelius's daily practice — adapted for modern use

PRE-MORTEM (5 MIN)

- Write one difficult interaction you may face today**
Premeditatio malorum — premeditation of difficulty
- Describe how you would respond with equanimity**
Rehearsal before the event reduces reactive emotion
- Identify what is within your control in that scenario**
The dichotomy of control is the core Stoic practice

MEMENTO MORI (2 MIN)

- Write one thing you are treating as permanent that isn't**
Possessions, relationships, status, health
- How does that awareness change today's priorities?**
Mortality salience redirects attention to what matters

VIRTUE CHECK (3 MIN)

- Identify one action today that reflects wisdom**
Sophia — right judgment in complex situations
- Identify one action today that reflects courage**
Andreia — doing what is right despite discomfort
- Identify one action today that reflects justice**
Dikaiosyne — fair dealing with others
- Identify one area to practice temperance**
Sophrosyne — moderation, not deprivation

EVENING REVIEW (5 MIN)

- What went against my values today?**
Not judgment — honest inventory
- What would I do differently with the same situation?**
Future-focused, not shame-focused
- One moment I acted from my best self**
Reinforce the pattern you want to build