



SIX STOIC REMINDERS



- 1 Focus on what is up to you.**
Direct your energy toward your judgments, choices, and actions.
- 2 Let virtue be your North Star.**
Protect your character, regardless of what happens around you.
- 3 Examine your judgments.**
Don't confuse what happens with the judgment you add to it.
- 4 Pursue what is preferable-under reserve.**
Seek health, friendship, justice, and other goods without attaching your happiness to the outcome.
- 5 Work with reality, not against it.**
Change what you can; accept what you cannot.
- 6 Practice the person you want to become.**
Build good character through repeated action.



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