



Stoic Disciplines

Desire
(Stoic Acceptance)

Action
(Stoic Philanthropy)

Assent
(Stoic Mindfulness)

derived from
Physics

derived from
Ethics

derived from
Logic

Virtues:
Courage, Temperance

Virtue:
Justice

Virtue:
(Practical) Wisdom

“Don’t hope that events will turn out the way you want, welcome events in whichever way they happen: this is the path to peace.” (Epictetus, Enchiridion, 8)

“Men exist for the sake of one another. Teach them then or bear with them.” (Marcus Aurelius, Meditations, VIII, 59)

“What decides whether a sum of money is good? The money is not going to tell you; it must be the faculty that makes use of such impressions – reason.” (Epictetus, Discourses, I, 1, 5)