

Stoicism Cheat Sheet

301 BC
by Zeno

Leaders
• Marcus Aurelius
• Epictetus
• Seneca

1. Live in agreement with nature.
I Apply reason.



3. Focus on what you can control, accept what you can't.
Is it up to me?
✓ Do something about it
✗ Then it's none of my concern.



4. Good, bad and indifferent things
My choices & actions. Everything else.

2. Live by virtues.
Wisdom, Justice, Courage, Self-Discipline.
"Do the right thing."



7. The "reserve clause."
"I will sail across the ocean, if nothing prevents me!"



5. Take action like the true philosopher.
Put ideas into practise.



6. Practise misfortune.
Visualize shit to happen.



9. Turn obstacles into opportunities.
How you look at things matters.



8. "Amor fati."
Love everything that happens.



10. Be mindful.
The day in review.



• Stoics ≠ unemotional
Feel the emotion, but don't get overwhelmed by it.

• Act for the common welfare.



• Stoic beauty lies in character.
Your character is your best calling card.

