

FORGING Mindset

Stoic Principles: Rationality, Emotional Control & Virtuous Living

Marcus Aurelius

1

EMBODY VIRTUES

Well done is better than well said. Waste no time debating what a good person should be, be one. Four cardinal virtues guide us toward moral excellence, wisdom, justice, temperance, and courage. We learn to make ethical decisions and act in alignment with these virtues in our daily lives. Embodying these virtues enhance our character and foster a sense of integrity.

Wisdom: rational and ethical choices

Justice: Encourage fairness and empathy

Temperance: Promotes self discipline and balance

Courage: Empowers us to confront challenges with bravery. Courage is not the absence of fear. It is the ability to act in the presence of fear.

Living virtuously benefits us and also the world around us.

2

DICHOTOMY OF CONTROL

We have power over our minds, therefore we must shatter the illusion that we have control over outside events and others.

Genuine strength is found in the mastery of one's mind and choices.

We have the power of discernment and aligning our response, through controlling our reactions. That is within our sphere of influence.

Reconciling this illusion serves to reduce anxiety as we understand the boundaries of our control, and stop wasting energy beyond your influence.

3

CONTROL YOUR EMOTIONS

Stop giving your power away to external factors beyond your control
Delay leaning into your impulses so you are not easily swayed

Learn to distinguish between what is in your power and what is not

Explore what is fueling your emotions objectively

Respond rather than react.

4

CHOOSE YOUR PERCEPTION

Cultivate rationality and emotional resilience
Respond with calm and clarity.

Get curious rather than judge.

When overwhelmed, invite pause, view this as an opportunity to empower and have balance over feeling awful.

5

EXPLORE PERSPECTIVES

When we engage in judgement or chatter, we are best to stop and take a bird's eye, macro viewpoint.

The wider the lens in which we explore perspectives, the greater our understanding of the interconnectedness of all things.

Our actions and choices have ripple effects that extend beyond ourselves.

