

# Daily Stoic Journal Template

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### Page 1: Morning Reflection

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#### Morning Reflection

- **Today's Intention:** What virtue or principle do you want to focus on today? (e.g., wisdom, courage, patience, gratitude)  

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  - **Challenges Ahead:** What potential challenges might you face today, and how can you handle them in a Stoic manner?  

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  - **What Would a Stoic Do?:** How can you respond to these challenges virtuously? Imagine how Marcus Aurelius, Seneca, or Epictetus might handle these situations.  

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### Page 2: Daily Affirmations

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#### Daily Affirmations

- **Control and Acceptance:** Write down one thing that is within your control and one thing that is not. How will you work on accepting what you cannot control today?  

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  - **Memento Mori:** Reflect briefly on the transient nature of life to remind yourself of the importance of living virtuously today.  

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### Page 3: Midday Check-In (Optional)

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#### Midday Check-In (Optional)

- **Emotions and Reactions:** How have you reacted to situations so far today? Have you maintained equanimity and responded with reason rather than emotion?  

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  - **Self-Correction:** Is there anything you could improve for the remainder of the day?  

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## Page 4: Evening Reflection

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### Evening Reflection

- **What Went Well:** What went well today, and what Stoic qualities did you embody?  
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  - **What Could Be Improved:** Reflect on a moment where you didn't live up to your ideals. How can you do better next time?  
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  - **Lesson of the Day:** What did you learn today about yourself, others, or life in general?  
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## Page 5: Gratitude

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### Gratitude

- List 3 things you're grateful for today, big or small.
    1. \_\_\_\_\_  
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    2. \_\_\_\_\_  
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    3. \_\_\_\_\_  
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## Page 6: Stoic Quote Reflection (Optional)

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### Stoic Quote Reflection (Optional)

- Choose a quote from a Stoic philosopher and reflect on its meaning and how it applies to your life. Write a few sentences about how it can guide you.  
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