

PRINCIPLES of STOICISM

Stoic Virtues: Necessary for a tranquil mind, and a happy, fulfilling life (*eudaemonia*)

<i>Courage/Fortitude</i>	<i>Justice/Morality</i>	<i>Temperance/Moderation</i>	<i>Wisdom/Prudence</i>
Endurance, confidence, generousness, patience, cheerfulness, and industriousness	Reverence, honesty, equity, and objectiveness	Discipline, decency, modesty, and self-control	Level-headedness, analytical, astuteness, discretion, and resourcefulness

Indifferents: Externals that neither contributes to nor detracts from a happy life

<i>Preferred indifferents</i>	<i>Dispreferred indifferents</i>
Life, health, pleasure, beauty, strength, wealth, good reputation, and noble birth	Death, disease, pain, ugliness, weakness, poverty, low repute, and ignoble birth

Passions: Irrational, unsound judgments of present and future objects to overcome

<i>Distress/Emotional Pain</i>	<i>Anxiety/Fear</i>	<i>Appetite/Cravings</i>	<i>Unhealthy Pleasures</i>
Malice, envy, jealousy, pity, grief, worry, sorrow, annoyance, vexation, or anguish	Hesitation, agony, shock, shame, panic, superstition, dread, or terror	Want, yearning, hatred, argumentativeness, anger, wrath, gaiety, or lasciviousness	Schadenfreude, enchantment, self-gratification, or rapture

Stoic Model: Physics, ethics, and logic for humankind

<i>Discipline of Desire</i>	<i>Discipline of Action</i>	<i>Discipline of Assent</i>
Acceptance of our fate as necessary and inevitable to live harmoniously in accordance with reason and nature	Philanthropy, love, and common welfare of humankind, to help others flourish	Mindful of value judgments and follows reason, practicing virtue through thoughts, actions, and emotions

Stoic Practices: Exercises to improve the self and progress in the path towards *eudaemonia*

<i>Memento mori (Remember death)</i>	<i>Amor fati (Love of fate)</i>	<i>Premeditatio malorum (Premeditation of evils)</i>	<i>Ataraxia</i>
Contemplation of death and awareness of the impermanence of life	Uncompromisingly accept all events as they unfold, where the obstacle becomes the way	Prepared resilience by visualizing realized fears, while cultivating gratitude for the present	A state of inner calmness and serenity however turbulent the world outside might be
<i>Dichotomy of control</i>	<i>View from above</i>	<i>Voluntary discomfort</i>	<i>Morning and nightly reflections</i>
Realize what is in your control and accept what is not in your control, and act on opportunities in the moment	The perspective of your self in the third person to view humankind's greater context within the cosmos	Placing yourself in uncomfortable situations to strengthen and refine the mind, and to instill appreciation	Meditate on the day ahead and reflect on how you lived by Stoic principles and practices