pensio

Stoic Reflection

10 min

End your day with timeless Stoic prompts for wisdom and resilience.

SECTION 1

What was in my control today? What wasn't?

SECTION 2

Did I act according to my values?

SECTION 3

What difficulty did I face, and what did it teach me?

SECTION 4

What am I grateful for that I often take for granted?

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