

# Judgement

## Exercise #2

Premeditatio malorum, or *Considering Bad Things In Advance*

Disturbing Event	Reel it in...	Stick a fork in it...



# Judgement

## Exercise #4

*This is Based On Faulty Judgment"*

Describe the situation when you were upset	About how long did it take to tell yourself "this is based on faulty judgment"	When you considered it stoically, you realised:

# Desire

## Exercise #3

*Take a few days each month...*

Fill in the following commitment:

For 3/4/5 days each month, I will spend a maximum of \$\_\_\_\_\_ per day on food. I'll wear

\_\_\_\_\_.

I'll also give up \_\_\_\_\_, \_\_\_\_\_, and

\_\_\_\_\_, since if I fell on very hard times, I'd have to do without them.

My start date this month is \_\_\_\_\_.



# Desire

## Exercise #6

*Building on: Watching TV like a Stoic*

Character	What do they want that they don't completely control?	Deconstruct their desire

# Action

## Exercise #2

*Use a Reserve Clause*

I plan to...	My reserve clause

# Action

## Exercise #3

*Was This a Good Action?*

My action that prompted someone else to get upset	Was I trying to do good?	If "no", what would have constituted a stoically good act?
	Yes    No	
	Yes    No	
	Yes    No	
	Yes    No	
	Yes    No	
	Yes    No	
	Yes    No	

# Conclusion

The un-Stoic approach I actually took:	The more Stoic approach would have been...