

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 #5

Revisiting: Premeditatio malorum

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

Desire

Exercise #6

Building on: Watching TV like a Stoic

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