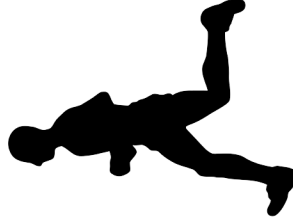




ONE WEEK STOIC JUMP-START

DO HARD THINGS

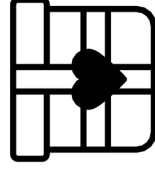
PICK A PHYSICALLY
DIFFICULT EXERCISE
PLAN AND
COMMIT TO DOING
IT EVERY DAY
FOR THE REST
OF THE WEEK.



SERVE OTHERS

PICK ONE OF THE
FOLLOWING AND DO IT
ON YOUR OWN TIME.
DO NOT SEEK CREDIT,
JUST DO SOMETHING GOOD.

- TEACH SOMEONE A SKILL
- PICK UP TRASH
- GIVE ITEMS TO CHARITY
- OFFER TO HELP SOMEONE
- RANDOM ACT OF KINDNESS



JOURNAL

SOMETIME BEFORE YOU
GO TO BED, WRITE
ABOUT YOUR DAY.
LIST HOW YOU HANDLED
THINGS WELL, AND WHAT
YOU WISH YOU HAD
HANDLED BETTER.

YOU CAN EMAIL YOURSELF
OR WRITE IT DOWN
ON PAPER. MAYBE
MAKE IT THE FIRST DAY
OF MANY.



PRETEND

TAKE 15 MINUTES
PRETEND IT IS THE
DAY AFTER YOUR
RETIREMENT.

- WHAT IS IMPORTANT?
- WHAT ARE YOU DOING?
- HOW DO YOU SEE
YOURSELF?
- WHO IS STILL IN
YOUR LIFE?
- DO YOU STILL HAVE
GOALS?
- ARE YOU HEALTHY?

GRATITUDE

PICK 5 PEOPLE
TEXT OR EMAIL THEM
TELL THEM WHAT YOU
APPRECIATE ABOUT
THEM AND SOMETHING
ABOUT THEM OR
THEIR ACTIONS THAT
YOU ARE GRATEFUL
FOR

thanks

READ

PICK ANY BOOK
ON STOICISM
AND READ FOR
ONE HOUR



NATURE

FIND A NATURE
TRAIL AND SPEND
SOME TIME ON IT.
TRY TO BE IN
THE MOMENT AND
APPRECIATE THE
SIGHTS, SMELLS,
AND SOUNDS.

