

STOICISM

WITH SUMMER SANTORI

JUDGMENT DETOX SERIES

PT.1 »»» DETACHMENT

GRACE
GRATITUDE



FLY
first LOVE yourself



WHAT IS DETACHMENT?



DETACHMENT ISN'T ABOUT BEING INDIFFERENT;
IT'S ABOUT FINDING PEACE BY RELEASING OUR
GRIP ON THINGS WE CAN'T CONTROL.



**"YOU HAVE POWER OVER YOUR MIND—NOT
OUTSIDE EVENTS. REALIZE THIS, AND YOU
WILL FIND STRENGTH."**

MARCUS AURELIUS



STEPS TO PRACTICE

- MINDFUL BREATHING TECHNIQUES
- PRACTICING 'ZOOMING OUT' TO SEE THE BIGGER PICTURE
- SELF-REFLECTION ON WHAT WE'RE HOLDING TOO TIGHTLY.





REAL LIFE APPLICATION

NEXT TIME YOU FEEL JUDGMENT
CREEPING IN—TOWARD YOURSELF OR
OTHERS—PAUSE. ASK:

- **WHAT AM I CLINGING TO HERE?**
- **WHY IS IT SO IMPORTANT?**
- **IS THIS WITHIN MY CONTROL?**

FLY
1st LOVE 2nd

