

# **§** STOIC MILITARY MINDSET TECHNIQUES

"Discipline is destiny. Control your response, own your actions, accept what is, execute what must be."

### ◆ 1. CONTROL THE CONTROLLABLES

Stoic Origin: Epictetus — "Some things are within our control, others are not."

Military Application: You can't control the weather, the enemy, or the briefing time being moved again.

But you can control your kit, your attitude, your hydration, your response.

## Example:

It's grey, cold n wet, your projects delayed, and morale's dipping. Instead of moaning, you square your kit, check your team, top up your comms, and laugh it off. That's power. That's Stoicism.

#### 2. EMBRACE VOLUNTARY DISCOMFORT

Stoic Origin: Seneca — "Set aside a certain number of days... to live as if you had lost everything."

Military Application: Train cold. Train wet. Train with weight. Seek adversity — on your terms.

## Example:

You force yourself to take the long route on rations, you train with the crappiest gear, you sleep on the floor even when you don't have to — because when the bad day comes, it's just Tuesday.

# ◆ 3. PREMEDITATIO MALORUM (PRE-MEDITATE THE BAD)

Stoic Origin: "Rehearse in your mind the worst that could happen..."

Military Application: Visualise the op going wrong. Plan for it. Rehearse it. You're never shocked — because you expected the chaos.

## Example:

Before a convoy, you mentally walk through: IEDs, comms down, injured driver. You visualise who does what, who takes over. When it happens for real? You're already halfway through the solution.

### ◆ 4. THE INNER CITADEL

Stoic Origin: Marcus Aurelius — "The mind is the fortress."

Military Application: When everything goes to hell — kit lost, team rattled, command unclear — your calm is your armour.

#### Example:

Mid-ambush, the new guy panics. You speak slow, deliberate. "We're fine. Move. Now." You're the signal. Everyone else calibrates to your mindset. Fortress activated.

## ◆ 5. AMOR FATI – LOVE OF FATE

Stoic Origin: "Not merely bear what is necessary but love it."

Military Application: You don't just accept setbacks — you treat them as fuel.

#### Example:

Vehicle breaks down mid-deployment. Rather than rage, you laugh and go, "More time in the field. More stories for the debrief." You use the obstacle. You bend with it — and it breaks others.

## 6. VIEW FROM ABOVE (STRATEGIC DETACHMENT)

Stoic Origin: "Zoom out. See the bigger picture."

Military Application: Don't drown in the detail. Observe without ego. Think like command, not just as a soldier.

## Example:

Team squabbles in a FOB. You step back and realise it's heat, boredom, morale. Not personal. You run a team workout, share your last Haribo, shift the energy. Situation defused.

#### 7. EGO SUSPENSION

Stoic Origin: Epictetus — "It is impossible to learn that which one thinks one already knows."

Military Application: Rank doesn't mean you're right. Experience doesn't mean you're immune. Lose the ego, stay sharp.

#### Example:

A younger operator flags a flaw in your plan. Instead of flexing rank, you listen. You tweak the plan. It saves time. You thank them. That's strength — not weakness.

## ◆ 8. MEMENTO MORI – REMEMBER YOU WILL DIE

Stoic Origin: "You could leave life right now. Let that determine what you do, say, and think."

Military Application: Not morbid. Motivating. You don't waste time. You don't waste energy. You show up — fully.

## Example:

Before a high-risk op, you take a deep breath. Not fear — presence. You speak clearly, you square your team, you double-check your comms. No regrets. That's Memento Mori in motion.

# **ODAILY DRILL: STOIC BATTLE-READY ROUTINE**

Drill Action Why?

Morning Discipline Cold rinse, stretch, hydrate, gratitude Win the first hour

Tactical Visualisation Walk through likely failures Pre-empt fear

Kit Check Ritual One silent kit run-through Control what you can

5-Minute Journal What's in my control? What's not? Sort your energy

Drill Action Why?

Team Check-In Ask: "You good?" Serve before self

Evening Debrief What did I learn? Where was my ego? Sharpen for tomorrow

# FINAL WORD:

"Don't wish for easier ops. Wish for stronger minds."

Stoic mindset isn't about being emotionless. It's about being unshakeable in the face of chaos.

You don't flinch. You don't freeze. You focus.