SPIRITUAL AWAKENING HUB

Stoic Contemplative Practice

7-Day Practice Plan

Agency, character, preparation, and honest self-review

THREE 7-DAY JOURNEYS

Morning Intention

Premeditation of Adversity

Evening Review

Use one practice for seven days, or move through all three as a 21-day contemplative sequence.

How to Use This Stoic Plan

This workbook turns the three Stoic practices on your SAH page into seven-day experiments in judgment and conduct. The aim is not emotional suppression or rigid self-control. It is to become clearer about what belongs to you, what does not, and how you want to act when circumstances refuse to cooperate.

TRADITION NOTE
These exercises are modern introductory adaptations of themes found in classical Stoic practice. They emphasize agency, judgment, virtue, preparation, and review rather than presenting Stoicism as emotionlessness or passive acceptance.

Choose your rhythm

One practice at a time: Complete one 7-day journey before beginning the next.

Three-week sequence: Move through Practice 1, Practice 2, then Practice 3 for a 21-day exploration.

Return selectively: Repeat the practice that is most relevant to what you are working with now.

The three practices

1. Morning Intention - Begin the day by distinguishing what is yours to choose and selecting the quality you want to practice.

2. Premeditation of Adversity - Consider realistic setbacks briefly so that surprise has less power over judgment and character.

3. Evening Review - Examine the day with accuracy, accountability, and course correction instead of self-prosecution.

A useful rule: do not judge the week by whether every session felt calm or profound. Judge it by whether you noticed more clearly and practiced more deliberately.

Morning Intention

Purpose: Move from vague good intentions to deliberate preparation before the day starts making decisions for you.

Stoic | 7 days | Suggested daily time: 5-15 minutes unless your page practice specifies otherwise.

DAY 1 | What Is Mine?

Focus: Separate your actions from outcomes you do not fully control.

Practice: List one challenge likely today. Divide it into: what is mine to choose, and what is not mine to command. Carry only the first list into action.

Reflection: *Where did I spend energy on something that was never fully mine to control?*

[ ] Completed Date: _____

DAY 2 | Anticipate Without Worrying

Focus: Prepare for one realistic difficulty without catastrophizing.

Practice: Name one ordinary disruption that may occur. Decide in advance how you would like to meet it. Then stop rehearsing it.

Reflection: *Did preparation reduce surprise without becoming rumination?*

[ ] Completed Date: _____

DAY 3 | Choose a Virtue

Focus: Give the day a character-based intention.

Practice: Choose wisdom, courage, justice, or moderation. Write one sentence describing what that quality would look like today.

Reflection: *When was the chosen quality actually tested?*

[ ] Completed Date: _____

Morning Intention - Days 4-7

DAY 4 | Prepare for People

Focus: Practice character inside relationships.

Practice: Think of one potentially difficult interaction. Decide how you want to listen, speak, or set a boundary regardless of the other person's reaction.

Reflection: *Did I behave according to my values or according to their mood?*

[ ] Completed Date: _____

DAY 5 | Examine Expectations

Focus: Notice hidden demands disguised as preferences.

Practice: Identify one thing you are quietly insisting must happen. Reframe it as a preference: I would like this, but I can still choose my conduct if it does not happen.

Reflection: *Which expectation created the most unnecessary tension?*

[ ] Completed Date: _____

DAY 6 | Intention Before Outcome

Focus: Measure success by quality of effort.

Practice: Choose one important task. Define success today by preparation, honesty, persistence, fairness, or another quality you can actually practice.

Reflection: *What changed when I judged the effort separately from the result?*

[ ] Completed Date: _____

DAY 7 | Write Your Morning Rule

Focus: Distill the week into one sentence.

Practice: Create a short personal rule you can carry forward, such as: Attend to what is mine to do; meet the rest as it comes.

Reflection: *What sentence best captures the Stoic practice I most need now?*

[ ] Completed Date: _____

Premeditation of Adversity

Purpose: Build preparedness without turning philosophical rehearsal into anxiety rehearsal.

Stoic | 7 days | Suggested daily time: 5-15 minutes unless your page practice specifies otherwise.

DAY 1 | A Minor Delay

Focus: Begin with something small and ordinary.

Practice: Imagine a delay, queue, cancellation, or schedule change. Ask what would actually happen and what would remain yours to choose.

Reflection: *What did my mind add to the inconvenience?*

[ ] Completed Date: _____

DAY 2 | Criticism

Focus: Prepare to receive discomfort without instant defensiveness.

Practice: Imagine receiving criticism. Separate useful information from insult, assumption, or ego reaction. Decide what a fair response would look like.

Reflection: *What could I hear before defending myself?*

[ ] Completed Date: _____

DAY 3 | Plans Change

Focus: Practice flexibility when the preferred route disappears.

Practice: Imagine one expected plan falling apart. Identify the next available action rather than mentally demanding the old plan return.

Reflection: *What remained possible after the original plan was gone?*

[ ] Completed Date: _____

Premeditation of Adversity - Days 4-7

DAY 4 | Someone Disappoints You

Focus: Separate another person's action from the story you add.

Practice: Imagine a mild disappointment. Ask: what did they actually do, what am I interpreting, and what response remains consistent with my values?

Reflection: *Which judgment intensified the disappointment?*

[ ] Completed Date: _____

DAY 5 | An Outcome Goes Against You

Focus: Prepare to lose an outcome without surrendering your standards.

Practice: Imagine a decision, application, or effort not going your way. Focus on what preparation, integrity, and next action would still belong to you.

Reflection: *What would remain mine even after an unwanted result?*

[ ] Completed Date: _____

DAY 6 | Something Valued Is Temporary

Focus: Let impermanence sharpen appreciation rather than fear.

Practice: Consider one valued possession, role, opportunity, or relationship as something not permanently guaranteed. Let the reflection increase care, not panic.

Reflection: *What did temporary possession make me appreciate more clearly?*

[ ] Completed Date: _____

DAY 7 | Prepare, Then Release

Focus: Practice the full cycle without living in imagined adversity.

Practice: Choose one realistic difficulty. Rehearse a wise response, identify what is yours, then deliberately end the exercise and return to the present.

Reflection: *Can I prepare for difficulty without inhabiting it before it arrives?*

[ ] Completed Date: _____

Evening Review

Purpose: Use experience as training data for character while keeping reflection separate from shame.

Stoic | 7 days | Suggested daily time: 5-15 minutes unless your page practice specifies otherwise.

DAY 1 | Review Your Actions

Focus: Start with facts before interpretation.

Practice: Reconstruct several important moments from the day. Ask: what did I actually do? Avoid labels about what kind of person that makes you.

Reflection: *Which action deserves to be repeated tomorrow?*

[ ] Completed Date: _____

DAY 2 | Notice Emotional Reactions

Focus: Study the sequence around a strong reaction.

Practice: Choose one emotional moment. What happened first? What did you feel in the body? What did you do next?

Reflection: *What did the sequence show me that I missed in the moment?*

[ ] Completed Date: _____

DAY 3 | Find the Judgment

Focus: Look beneath emotion for the belief or demand.

Practice: Choose one reaction and ask what you were telling yourself: This must go my way? They should not do this? I cannot tolerate this?

Reflection: *Which judgment shaped my reaction most strongly?*

[ ] Completed Date: _____

Evening Review - Days 4-7

DAY 4 | Review How You Treated People

Focus: Make relationships the measure tonight.

Practice: Ask where you were fair, patient, dismissive, defensive, generous, or unnecessarily harsh.

Reflection: *Did I treat people according to my values or according to my mood?*

[ ] Completed Date: _____

DAY 5 | Examine What You Pursued

Focus: Compare attention with stated values.

Practice: Look at what received your time: approval, comfort, distraction, achievement, meaningful work, relationships.

Reflection: *Did what I pursued reflect what I say matters to me?*

[ ] Completed Date: _____

DAY 6 | Rehearse One Better Response

Focus: Use the past as preparation, not punishment.

Practice: Choose one moment you would change. Replay it briefly with one specific wiser response you could actually use next time.

Reflection: *What concrete behavior will I try next time?*

[ ] Completed Date: _____

DAY 7 | Look for the Pattern

Focus: Move from isolated mistakes to recurring tendencies.

Practice: Review the week. Identify one repeated trigger, strength, demand, avoidance pattern, or improvement worth carrying forward.

Reflection: *What pattern have I started to see in myself?*

[ ] Completed Date: _____

Stoic 7-Day Practice Reflection

Use this page after completing one 7-day practice or after finishing all three. Short, honest answers are enough.

1. Which situations most often pulled me away from deliberate judgment?

_____
_____
_____

2. Where did distinguishing control from influence make a practical difference?

_____
_____
_____

3. Which virtue or quality repeatedly proved most relevant this week?

_____
_____
_____

4. What one pattern will I deliberately practice differently next week?

_____
_____
_____

The point of reflection is not to become obsessed with yourself. It is to become slightly less unconscious about how you live.

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