

# a few notes

## Topic: Stoicism



## Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

For those of us who live our lives in the real world, there is one branch of philosophy created just for us: Stoicism. It's a philosophy designed to make us more resilient, happier, more virtuous and more wise—and as a result, better people, better parents and better professionals. In today's employee check-in, we discuss the four virtues of stoicism: Courage, Temperance, Justice, and Wisdom. We also explore nine exercises you can do to be a stoic. 1. Differentiate what you can change and what you can't. 2. Journal. 3. Practice misfortune – set aside certain number of days to practice misfortunes. 4. Train perceptions – turn an obstacle into an opportunity. 5.

Remember it's all ephemeral. 6. Take the view from above – take a step back, zoom out and see life from a higher vantage point than our own. 7. Memento Mori: meditate on your mortality. 8. Premeditatio Malorum – imagine when things could go wrong or be taken away. Prepare for this to happen. 9. Amor Fati – make the best out of anything that happens. These exercises will help you find strength, wisdom, and stamina with today's challenges.

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