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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