THE STOIC DAILY GUIDE

10 Grande Rules for a Stoic Life

From the epilogue of Learning the Hard Way. Keep it on the fridge or the desk.

1 **Control what you can, and release what you cannot.**

You cannot control cancer's outcome, grief, another person's opinion, the past, or how long you have. You can control your choices, effort, words, and how you respond.

2 **Don't confuse a thought with a fact.**

Fear is loud, especially at 2 a.m. Before you believe the story in your head, ask yourself: What do I actually know right now? Don't let fear write the ending before you have the facts.

3 **Do the next right thing. Then do it again tomorrow.**

Don't wait until you feel motivated, fearless, or completely ready. Take the next step that matters and give it a place in your routine. When you miss a day or get knocked off course, adjust and begin again.

4 **Feed the good wolf.**

Every thought, reaction, and habit's a step towards the person you are becoming. Feed anger, envy, resentment, and self-pity, and they will grow. Feed gratitude, courage, discipline, and love, and they will grow instead.

5 **Be a good man, not just a nice guy.**

Being good means having values, telling the truth, setting boundaries, protecting peace, and doing the right thing even when it's uncomfortable or doesn't make everyone happy.

6 **Treat people like they are carrying something you cannot see.**

Give people the benefit of the doubt when you can. You don't have to accept bad behavior, but you don't need to turn every inconvenience or disagreement into a fight.

7 **Tell people you love them while they can still hear it.**

Make the call. Sit at the table. Go to the game. Apologize sooner. Show up for them, and let them show up for you. You don't have to carry everything alone. There may not always be another ordinary day.

8 **Don't let work, money, status, or approval decide whether you are enough.**

Work hard. Provide. Build. Accomplish things. But remember that a title can disappear, a job can end, and other people's applause never lasts long enough to build a life on. Appreciate what you already have. Wanting more is not the problem; needing more to feel like you matter is.

9 **Look for the privilege in your responsibilities.**

You don't have to go to work, make the appointment, pay the bill, take the walk, go to the gym, or handle another problem. You get to, because you are still here, still needed, and still part of a life worth showing up for.

10 **Live properly now.**

Don't wait for cancer, a layoff, grief, a divorce, or another haymaker to make you appreciate your life. Take the walk. Have the hard conversation. Ask for help. Start the habit. Forgive someone. Stop postponing the person you want to become.

END THE DAY WITH THREE QUESTIONS

"What did I do well today? Where did I let fear, anger, or comfort take control? What is one next right thing I can do tomorrow?"