

THE LITTLE BOOK OF STOICISM

by Jonas Salzgeber

Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. Think about the good, the bad, and the indifferent things in your life:
2. Depend on things to feel happy? Set higher values and pursue them instead:
3. Notice when you're off balance and correct your behavior to reach Arete:
4. To get better at focusing at the present moment, write down distractions:
5. Sit down at the end of each day and review your performance:

Don't forget to save your changes.