A GIFT FOR YOUR PHONE

5 STOIC LOCK SCREENS

A line that straightens you every time you look



5
SCREENS

STOICISM FOR WINNERS

ON YOUR LOCK SCREEN

You unlock your phone more than a hundred times a day. Let every one of those times remind you who you want to be.

The folder has two versions of each wallpaper: **iPhone** (1290 × 2796) and **Android** (1080 × 2400). Use the one for your phone: that way the line stays centered and neither the clock nor the icons cover it.

IPHONE

I. Save the image to Photos (touch and hold the file, then tap "Save Image" or "Save to Photos").

II. Open it in Photos, tap Share and choose "Use as Wallpaper."

III. Check that the line is clear, then tap "Add."

IV. Choose "Set as Wallpaper Pair," or tap "Customize Home Screen" to give the Home Screen a plain color.

ANDROID

I. Save the image to your Gallery or to Google Photos.

II. Open it, tap the three-dot menu and choose "Use as" or "Set as wallpaper."

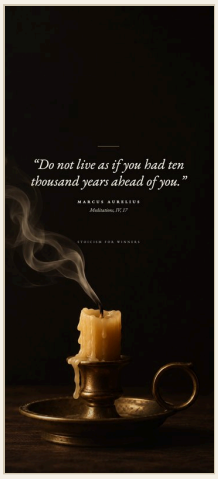
III. Choose "Lock screen" (or "Home and lock screens").

IV. The names vary a little by brand; the path is always similar.

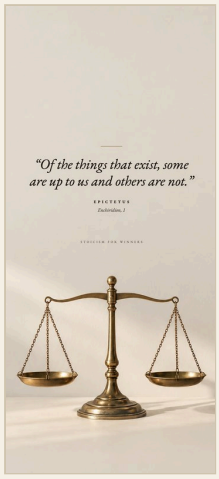
Three settings that make the difference

- **Clock color.** With the light wallpapers (2 and 4), pick a dark color for the clock. On iPhone: touch and hold the Lock Screen, tap "Customize," then tap the clock.
- **Depth Effect.** If the iPhone puts the object in front of the clock, turn Depth Effect off in the same menu so the composition stays clean.
- **Widgets.** Keep the center of the screen clear: that's where the line lives.

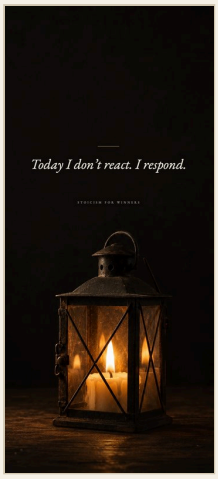
WHAT EACH ONE IS FOR



SCREEN 1



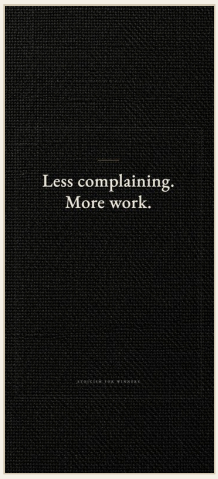
SCREEN 2



SCREEN 3



SCREEN 4



SCREEN 5

1 *"Do not live as if you had ten thousand years ahead of you."* · Marcus Aurelius, *Meditations*, IV, 17

For the day when everything seems urgent. Marcus Aurelius wrote it to himself: time is not endless, and what matters can't wait.

2 *"Of the things that exist, some are up to us and others are not."* · Epictetus, *Enchiridion*, 1

The idea that opens Epictetus's handbook. Whenever something unsettles you, a single question: is this up to me?

3 *Today I don't react. I respond.* · A Stoicism for Winners line

For the message that sets you off. Reacting is automatic; responding is a decision. Ten seconds make the difference.

4 *The work first. Then the phone.* · A Stoicism for Winners line

For the morning. The first thing you do with the day defines it: your own work before other people's emergencies.

5 *Less complaining. More work.* · A Stoicism for Winners line

The bare version, on black cloth. Four words for when you catch yourself complaining about what you can't change.

The two quotes are our own translations of the passages cited. The other three are Stoicism for Winners lines, which is why they carry no quotation marks.

THE UNLOCK RULE

A wallpaper works the same way as the notes Marcus Aurelius wrote to himself: not by being read once, but by being seen every day.

So, one single rule: **every time you unlock your phone for no clear reason, read the line before you open any app.** If you still want to open it after reading, open it. Often you won't.

One line a week

Don't change your wallpaper every day: the line loses its force. Keep one for seven days, the one that best answers what you're going through, and change it on Sunday. Five wallpapers give you five weeks.

I **A week of heavy work or pressure:** screen 4.

II **A week of arguments or friction:** screen 3.

III **A week of worry or uncertainty:** screen 2.

IV **A week when everything gets put off:** screen 1.

V **A week of fatigue and complaints:** screen 5.

> *"The soul takes on the color of its thoughts."*
>
> MARCUS AURELIUS, MEDITATIONS, V, 16

What you look at every day ends up being what you think. Choose well what you look at.

YOUR NEXT STEP

If these five work for you, there are thirty: a different line for every day of the month, in three styles (bone, museum painting and still life), plus ten versions for your computer and a guide for rotating them.

THE STOIC LOCK SCREEN

30 Stoic wallpapers for your phone and 10 for your computer, with the source of every quote and one action for each day.

masterstoic.netlify.app/library/lock-screen

And if these five are enough, use each one for a week. What matters is looking at them.