

YOUR BATTLE TODAY

LACK OF DISCIPLINE

You know what you have to do. You start on Monday, drop it by Thursday and start over. Your problem isn't knowing: it's following through.

I

WHAT'S HAPPENING TO YOU

You know what you have to do. You start on Monday, drop it by Thursday and start over. Your problem isn't knowing: it's following through.

It isn't a character flaw, and it isn't something you have to live with. It's a battle, and battles can be trained for. The Stoics knew this one two thousand years ago and left a method for fighting it.

II

WHAT THE STOICS SAY

Epictetus asked his students how long they would put off demanding the best of themselves. For the Stoics, discipline isn't a trait you're born with: it's a muscle trained with small promises kept every day.

You don't need more motivation. You need to do one small thing today even if you don't feel like it, and another tomorrow. That's how character is forged: one kept day at a time.

> *"How long will you wait before you think yourself worthy of the best?"*
>
> EPICTETUS · ENCHIRIDION, 51

III

YOUR EXERCISE FOR TODAY

The minimum promise 5 MINUTES

Do it today, with paper and pencil. Write right here: what gets written down gets done far more often than what only gets thought.

I Pick one single action for today, so small you have no excuse: ten push-ups, ten minutes of reading, your bed made.

II Write it down with the time you'll do it.

III Do it and mark an X on the calendar. Tomorrow, again.

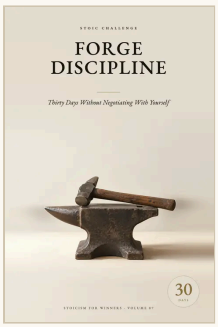
The goal isn't the action. The goal is not to break the chain.

IV YOUR SEVEN-DAY PLAN

One practice a day. Check it off when you've done it.

DAY 1	The minimum promise: today's exercise.	☐
DAY 2	Get up at the same time, without hitting snooze.	☐
DAY 3	Do the hardest thing of the day first.	☐
DAY 4	Leave your phone outside the bedroom tonight.	☐
DAY 5	Keep the minimum promise on exactly the day you don't feel like it.	☐
DAY 6	Double the promise: if it was ten minutes, make it twenty.	☐
DAY 7	Review: count your X's. Each one is a promise kept to yourself.	☐

V YOUR NEXT STEP



THE STOIC'S LIBRARY · NO. 07 · WHITE EDITION

Forge Discipline

A 30-day challenge to do what you say even when you don't feel like it: a short reading, a mission and a log for each day.

masterstoic.netlify.app/library/forge-discipline

THIS HELPS TOO

Iron Morning

Fourteen days to win your first hour, the one that decides the rest of the day.

THE FOUNDATION OF EVERY BATTLE

The Stoic Code

21 days with Marcus Aurelius, Seneca and Epictetus to separate what is up to you from what is not.

Personal development grounded in Stoic philosophy. It is not a substitute for help from a mental health professional.