

YOUR BATTLE TODAY

LEADING UNDER PRESSURE

People depend on you, at work or at home. You swing between giving in to avoid conflict and hardening until you shout. And you make decisions under pressure.

I

WHAT'S HAPPENING TO YOU

People depend on you, at work or at home. You swing between giving in to avoid conflict and hardening until you shout. And you make decisions under pressure.

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

Marcus Aurelius ruled an empire and reminded himself not to turn into a Caesar: not to let the office stain his character. For the Stoics, commanding others starts with commanding yourself.

The man who governs himself can demand without shouting, correct without humiliating, and decide without letting the pressure decide for him. Your people don't follow your orders: they follow your example.

> *"Take care that you are not turned into a Caesar, that you are not dyed in the purple."*
>
> MARCUS AURELIUS · MEDITATIONS, VI, 30

III

YOUR EXERCISE FOR TODAY

The conversation you've been avoiding 10 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 person on your team or at home with whom you have something unresolved.

II Prepare three sentences: the fact, what you expect, and how you'll help them.

III Have the conversation today, face to face and in a low voice. Listen more than you talk.

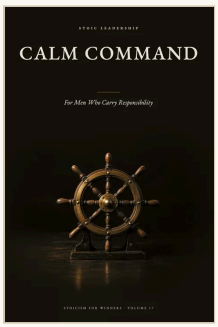
Authority isn't shouted. It's shown, calmly.

IV YOUR SEVEN-DAY PLAN

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

DAY 1	The conversation you've been avoiding: today's exercise.	☐
DAY 2	Before a hard decision, write down what you'd do if no one were watching.	☐
DAY 3	Recognize a job well done in public.	☐
DAY 4	Correct in private and with a concrete fact, never with a judgment about the person.	☐
DAY 5	Make the decision you've been putting off for fear of making someone uncomfortable.	☐
DAY 6	Ask someone on your team or at home what they need from you.	☐
DAY 7	Review: how many times did you lead from calm this week?	☐

V YOUR NEXT STEP



THE STOIC'S LIBRARY · NO. 17 · BLACK EDITION

Calm Command

Stoic leadership for the man with people under him: 7 principles, 12 situations with scripts, and a tracker for decisions and one-on-ones.

masterstoic.netlify.app/library/calm-command

THIS HELPS TOO

The Stoic Father

30 conversations to have with your kids from 4 to 17: raising them with firmness and without shouting.

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.