

YOUR BATTLE TODAY

NO PURPOSE

You get everything done and don't know what for. The days look too much alike, and Sunday afternoon weighs more than Monday.

I

WHAT'S HAPPENING TO YOU

You get everything done and don't know what for. The days look too much alike, and Sunday afternoon weighs more than Monday.

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

Seneca wrote that life isn't short: we make it short by wasting it. Memento mori, "remember that you will die," wasn't a sad idea for the Stoics, but a compass.

When you look at the time you have left, what matters falls into place on its own, and what doesn't loses its pull. Purpose isn't found by waiting: it's built by choosing, every week, what you spend your life on.

> *"It is not that we have little time, but that we waste a great deal of it."*
>
> SENECA · ON THE SHORTNESS OF LIFE, I

III

YOUR EXERCISE FOR TODAY

The last year 15 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 Imagine you have one year left to live. Write down three things you'd do without fail.

II Next to each one, note how many hours you gave it last week.

III Pick one and give it an hour this week. Not "someday": with a day and a time on the calendar.

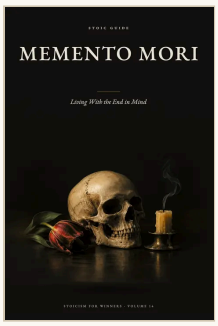
You don't need to find the meaning of your life today. You need to give an hour to what matters.

IV YOUR SEVEN-DAY PLAN

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

DAY 1	The last year: today's exercise.	☐
DAY 2	Multiply your age by 52. Write on a piece of paper how many weeks you've lived, and look at it for a minute.	☐
DAY 3	Write in one line how you want to be remembered. Does what you did today point that way?	☐
DAY 4	Say no to one thing that doesn't serve what matters.	☐
DAY 5	Do something good for someone without them finding out.	☐
DAY 6	Keep the hour you scheduled on the first day.	☐
DAY 7	Review: what did you give your week to?	☐

V YOUR NEXT STEP



THE STOIC'S LIBRARY · NO. 14 · BLACK EDITION

Memento Mori

A kit for putting your priorities in order by remembering that time runs out: a mini-guide, a 4,680-week calendar, a week calculator and exercises.

masterstoic.netlify.app/library/memento-mori

THIS HELPS TOO

The Sunday Review

45 minutes every Sunday to close out your week and plan the next one around what truly matters.

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.