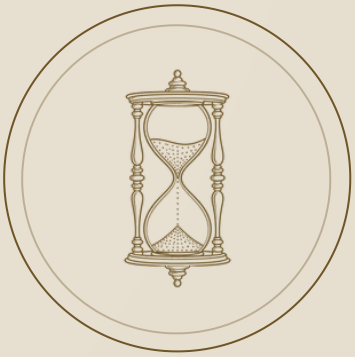


YOUR BATTLE TODAY

OVERTHINKING

You analyze everything a thousand times. You have the reasons for and against, and still you don't decide. At three in the morning, your mind is your worst enemy.

I

WHAT'S HAPPENING TO YOU

You analyze everything a thousand times. You have the reasons for and against, and still you don't decide. At three in the morning, your mind is your worst enemy.

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 wrote it to himself: stop arguing about what a good man should be, and be one. Thinking is useful until it becomes an elegant way of not acting.

For the Stoics, clarity doesn't come before action: it comes with it. Every extra lap around the same idea doesn't bring you closer to the answer; it only takes you further from the day.

> *"No more arguing about what a good man should be. Be one."*
>
> MARCUS AURELIUS · MEDITATIONS, X, 16

III

YOUR EXERCISE FOR TODAY

The ten-minute decision 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 Write the decision you've been putting off in a single line.

II Set a ten-minute timer and write down what you know, not what you fear.

III When it goes off, decide. And take the first physical step within the hour: a message, a phone call, a date on the calendar.

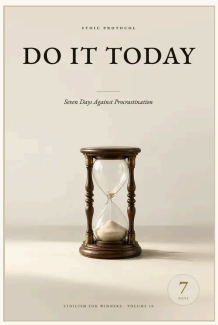
An imperfect decision made today is worth more than the perfect one that never comes.

IV YOUR SEVEN-DAY PLAN

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

DAY 1	The ten-minute decision: today's exercise.	☐
DAY 2	Before bed, write down everything that's circling in your head and close the notebook. It'll still be there tomorrow.	☐
DAY 3	Do the task you most avoid first, for 25 minutes.	☐
DAY 4	For every worry, ask yourself: can I do something about it today? If not, write it down for Sunday.	☐
DAY 5	One morning without your phone for the first hour.	☐
DAY 6	Make three small decisions, each in under a minute.	☐
DAY 7	Review: what changed when you acted before you had all the answers?	☐

V YOUR NEXT STEP



THE STOIC'S LIBRARY · NO. 10 · WHITE EDITION

Do It Today

Seven days against procrastination: the "one thing" list, a 30-block counter and a method for finishing what you've been putting off for months.

masterstoic.netlify.app/library/do-it-today

THIS HELPS TOO

The Stoic Dopamine Fast

Ten days to win back your attention: less screen, less noise, and more room to think once, and think well.

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.