



*Today's Suggested
Topic is...*

**Stoicism
and
Alcoholism**

Happiness and freedom begin with a clear understanding of one principle. Some things are within your control. And some things are not.

--Epictetus

You have power over your **mind** -
not **outside events**. Realize this,
and you will find strength.

– *Marcus Aurelius*

STOICISM

Recognise what you can and cannot control

You determine your reaction to a crisis

Ignore people dominated by their own negative emotions

Master yourself and aim to be virtuous

Learn to move on

Stoic is someone who has achieved a state where they are not affected by any emotions. **Stoicism** was an ancient school of thought that taught it's followers to accept life as it comes and cultivate some virtues to lead a meaningful life.

How to Practice Stoicism



Stoic virtues are -
Wisdom, Justice, Courage
and **Moderation.**



Be open to all types of situations in life



Practice philanthropy



Connect yourself to nature



Leave your ego



Stand for your virtues



Stop controlling things



Protect your time



Spend time in self-reflection



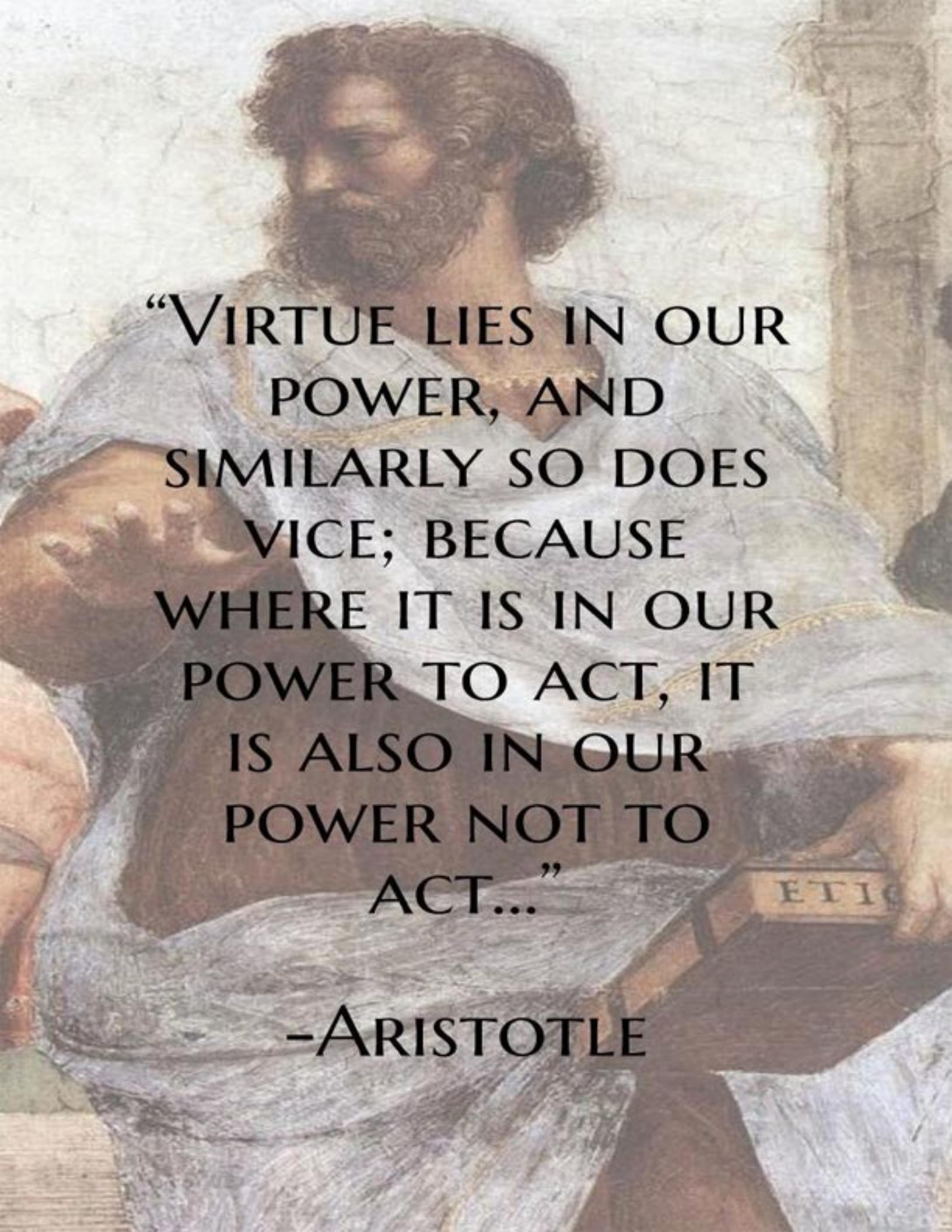
Seek happiness within you



Stay focused

Sometimes even to live is an
act of courage.

Lucius Annaeus Seneca



**“VIRTUE LIES IN OUR
POWER, AND
SIMILARLY SO DOES
VICE; BECAUSE
WHERE IT IS IN OUR
POWER TO ACT, IT
IS ALSO IN OUR
POWER NOT TO
ACT...”**

-ARISTOTLE

Everything we hear is an opinion,
not a fact. Everything we see is
a perspective, not the truth.

Marcus Aurelius

Stoic Sobriety – Ten Daily Practices

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1. Find Your Ikigai *

* **Ikigai** (ee-key-guy) is a Japanese concept that combines the terms iki, meaning "alive" or "life," and gai, meaning "benefit" or "worth." When combined, these terms mean that which gives your life worth, meaning, or purpose. **Ikigai** is similar to the French term "raison d'être" or "reason for being."

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2. Prepare for Your Mornings

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3. Avoid Distractions After Waking Up

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4. Wake Up Consistently

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10. Appreciate Your Life

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**"Live Every
Day Like
It's Your
Last"**

