

The Art of Living

by Epictetus

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐ ⁰¹ **Draw the control line**

For one current problem, list what is yours and what is not.

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☐ ⁰² **Name the judgment**

Write the interpretation you are adding to the event.

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☐ ⁰³ **Define the virtue**

Choose the virtue this situation asks you to practice.

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☐ ⁰⁴ **Prepare for refusal**

Name how you will act if the preferred outcome does not arrive.

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☐ ⁰⁵ **Pause at disturbance**

When upset, ask what part belongs to your choice.

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☐ ⁰⁶ **Use delay well**

Do one honorable task while waiting for something outside your control.

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☐ ⁰⁷ **Answer criticism cleanly**

Extract useful, correct and release the rest.

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☐ ⁰⁸ **Practice voluntary simplicity**

Skip one unnecessary comfort and notice that you remain intact.

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