The Four Virtues

> *"If thou findest in human life anything better than justice, truth, temperance, fortitude, and, in a word, anything better than thy own mind's self-satisfaction in the things which it enables thee to do according to right reason..."*
>
> Marcus Aurelius, Meditations 3.6 (tr. Long)

For the Stoics, these four were the only true goods; everything else was secondary. Look back over your week honestly. Small examples count: a drink refused is self-control, a hard conversation is courage.

VIRTUE	WHERE I SHOWED IT THIS WEEK	WHERE I WILL PRACTISE IT NEXT WEEK
Wisdom *seeing clearly, good judgement*		
Courage *facing what is hard, honesty*		
Justice *fairness, kindness, putting things right*		
Self-control *moderation, delay, restraint*		

The virtue I most want to grow, and why

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