Morning Preparation

> *"Begin the morning by saying to yourself, I shall meet with the busybody, the ungrateful, arrogant, deceitful, envious, unsocial."*
>
> Marcus Aurelius, Meditations 2.1 (tr. Long, adapted)

Two or three minutes with your first coffee. Marcus was not being gloomy. He was getting ready, so that the day's irritations would not catch him off guard. Use it the same way for the day's risks to your sobriety.

Today's likely difficulties

People, places, times, tiredness, feelings. Where could the day get hard?

How I will meet them

For each one: what I will do or say, and what I will not do.

Up to me today

Not up to me today

My plan for the riskiest hour

Today I want to be someone who

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