Daily Reading Notes

> *"We should follow, men say, the example of the bees, who flit about and cull the flowers that are suitable for producing honey."*
>
> Seneca, Letters 84 (tr. Gummere)

Read today's passage at stoic-sobriety.com/daily, or any Stoic text. Choose one sentence and carry it through the day, like a bee taking one flower. In the evening, note how it applied - or did not.

DAY	PASSAGE (WHO, WHERE)	THE ONE SENTENCE I AM KEEPING	HOW IT APPLIED TODAY
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

The sentence from this week I most want to remember

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