# Step 11: Ten Quiet Minutes

> *"For nowhere either with more quiet or more freedom from trouble does a man retire than into his own soul."*
>
> Marcus Aurelius, Meditations 4.3 (tr. Long)

Marcus did not need a retreat in the country; he found quiet in his own mind. Each morning, one line on how you want to meet the day. Each evening, one line on how it went. The quiet minutes can be any practice that suits you.

| DAY | MORNING: HOW I WANT TO MEET TODAY | QUIET MINUTES | EVENING: WHAT I NOTICED |
|---|---|---|---|
| Mon | | | |
| Tue | | | |
| Wed | | | |
| Thu | | | |
| Fri | | | |
| Sat | | | |
| Sun | | | |

## Something I understood this week



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