Step 7: Humbly Asking

> *"If you would improve, be content to be thought foolish and dull with regard to externals."*
>
> Epictetus, Enchiridion 13 (tr. Higginson)

Humility, for the Stoics, meant not needing to look good. Asking for help is part of that. Write your request in whatever form suits you - a prayer, an intention, words to a sponsor - then practise the opposite quality each day.

The shortcoming I am working on

Asking for help, in my own words

The opposite quality, and what it looks like in practice

DAY	WHERE I PRACTISED IT TODAY	WHERE I FELL BACK, AND WHAT I LEARNED
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

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