The Evening Review

> *"What bad habit of yours have you cured to-day? what vice have you checked? in what respect are you better?"*
>
> Seneca, On Anger 3.36, quoting Sextius (tr. Stewart)

Answer plainly, as if writing a report rather than a verdict. Seneca's point was that a review is information, not punishment. Whatever you find, the next step is a small adjustment tomorrow.

Date: _____ Strongest urge today: _____ / 10 ☐ Alcohol-free today

What did I handle well today?

Where did I fall short, and what was going on at the time?

What will I do differently tomorrow?

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What did I handle well today?

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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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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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