

THE WEEKLY STOIC

The Weekly Stoic is a weekly reading and discussion group applying ancient philosophy to modern leadership, life, and military service. Using *The Daily Stoic* (Ryan Holiday & Stephen Hanselman), members explore insights from Marcus Aurelius, Epictetus, and Seneca to build practical, mission-focused habits.

Stoicism is the practice of mastering what you can control—judgments, choices, and effort—while letting go of what you cannot. Rather than suppressing emotion, Stoic discipline creates a deliberate pause between stress and action, enabling sound decision-making, professional bearing, and accountability under pressure.

Disciplines

Perception	Reframe crisis as data, practice detachment (“apatheia”)
Action	Positive steps along a well defined vector
Will	Soul (inner you) drives the body (outer you)

Detail	Description
Format	Weekly reading, group discussion, and practical habit application
Core Topics	Emotional regulation, leading through friction, navigating uncertainty, and constructive accountability