

The Weekly Stoic Reading Group Calendar

- **Part 1: The Discipline of Perception**
- **Part 2: The Discipline of Action**
- **Part 3: The Discipline of Will**

Date	Choices	Daily Stoic Mirror Quote
14 September 2026	1 – The Discipline of Perception	<i>"Choose not to be harmed—and you won't feel harmed. Don't feel harmed—and you haven't been."</i> — Marcus Aurelius
21 September 2026	2 – Recognize Your Power	<i>"You have power over your mind - not outside events. Realize this, and you will find strength."</i> — Marcus Aurelius
28 September 2026	3 – Steady Your Nerves	<i>"The first step: Don't be anxious. Nature controls all things."</i> — Marcus Aurelius
5 October 2026	4 – Control Your Emotions	<i>"No random actions, none not based on underlying principles."</i> — Marcus Aurelius
12 October 2026	Skipped – Columbus Day / Indigenous Peoples' Day	No meeting / Reading break
19 October 2026	5 – Practice Objectivity	<i>"When you are offended at any man's fault, turn to yourself and study your own failings."</i> — Epictetus
26 October 2026	6 – Alter Your Perspective	<i>"What stands in the way becomes the way."</i> — Marcus Aurelius
2 November 2026	7 – Is It Up to You?	<i>"Some things are in our control and others not."</i> — Epictetus
9 November 2026	8 – Live in the Present Moment	<i>"Concentrate every minute like a Roman... on doing what's in front of you with precise and genuine seriousness."</i> — Marcus Aurelius
16 November 2026	9 – Think Differently	<i>"The mind adapts and converts to its own purposes the obstacle to our acting."</i> — Marcus Aurelius

Date	Choices	Daily Stoic Mirror Quote
23 November 2026	10 – Finding the Opportunity	<i>“Bad luck borne nobly is good fortune.”</i> — Marcus Aurelius
30 November 2026	11 – The Discipline of Action	<i>“First say to yourself what you would be; and then do what you have to do.”</i> — Epictetus
7 December 2026	12 – Get Moving	<i>“Begin at once to live, and count each separate day as a separate life.”</i> — Seneca
14 December 2026	13 – Practice Persistence	<i>“To endure is the first thing a child must learn...”</i> — Jean-Jacques Rousseau (Modern Stoic Grit Framework)
21 December 2026	14 – Iterate	<i>“Failures are just data points on the road to success.”</i> — Modern Stoic Application
28 December 2026	15 – Follow the Process	<i>“Keep your main task completely in view.”</i> — Marcus Aurelius
4 January 2027	16 – Do Your Job Right	<i>“Wherever a man can live, there he can also live well.”</i> — Marcus Aurelius
11 January 2027	17 – What Rightly Works Is What Works	<i>“If it is not right, do not do it; if it is not true, do not say it.”</i> — Marcus Aurelius
18 January 2027	Skipped – Martin Luther King Jr. Day	No meeting / Reading break
25 January 2027	18 – In Praise of the Flank Attack	<i>“The art of living is more like wrestling than dancing.”</i> — Marcus Aurelius
1 February 2027	19 – Use the Obstacle Against Itself	<i>“The best revenge is not to be like that.”</i> — Marcus Aurelius
8 February 2027	20 – Channel Your Energy	<i>“It is your own path that you must map out.”</i> — Seneca
15 February 2027	Skipped – Washington’s Birthday / Presidents’ Day	No meeting / Reading break
22 February 2027	21 – Seize the Offensive	<i>“In the midst of chaos, there is also opportunity.”</i> — Sun Tzu (adapted by Stoic tacticians)

Date	Choices	Daily Stoic Mirror Quote
1 March 2027	22 – The Discipline of Will	<i>"You can bind up my leg, but not even Zeus can conquer my will." — Epictetus</i>
8 March 2027	23 – Build Your Inner Citadel	<i>"It is in times of security that the spirit should be preparing itself for difficult times." — Seneca</i>
15 March 2027	24 – Anticipation (The Pre-Mortem)	<i>"He robs present ills of their power who has perceived their coming beforehand." — Seneca</i>
22 March 2027	25 – The Art of Acquiescence	<i>"Fate leads the willing, and drags the reluctant." — Cleanthes</i>
29 March 2027	26 – Love Everything That Happens (Amor Fati)	<i>"Seek not that the things which happen should happen as you wish; but wish the things which happen to be as they are." — Epictetus</i>
5 April 2027	27 – Perseverance	<i>"Life is long if you know how to use it." — Seneca</i>
12 April 2027	28 – Something Bigger Than Yourself	<i>"That which is not good for the bee-hive, cannot be good for the bee." — Marcus Aurelius</i>
19 April 2027	29 – Meditate on Your Mortality (Memento Mori)	<i>"You could leave life right now. Let that determine what you do and say and think." — Marcus Aurelius</i>
26 April 2027	30 – Prepare to Start Again	<i>"Life is a battle and a journey in a strange land." — Marcus Aurelius</i>