

10 Stoic Principles

The Philosophical Foundation of Stoicism – Concisely Explained

Epictetus · Marcus Aurelius · Seneca

01 Dichotomy of Control

Control what is in your power (attitude, decision). Let go of what is not.

06 The Inner Citadel

Your mind is a fortress. Outside events enter only if you grant them access.

02 Amor Fati

Love your fate completely – do not merely endure it. Even obstacles belong to the path.

07 Sympatheia

All things are connected. What harms one person harms the whole – always act for all.

03 Memento Mori

Reflect on mortality daily. Those who know death waste no time on the trivial.

08 Eudaimonia

True happiness comes not from possessions, but from virtuous action – daily, in small things.

04 Negative Visualisation

Imagine what you could lose. This sharpens gratitude and builds inner resilience.

09 The Four Virtues

Wisdom, justice, courage and temperance – the complete foundation of a good life.

05 Premeditatio Malorum

Anticipate difficulties deliberately. Those who prepare cannot be caught off guard.

10 Hegemonikon

The guiding rational principle within you belongs to you alone. Protect it from all that clouds it.