The Four Stoic Virtues

for teens and the adults who live with them

Wisdom

phronēsis · φρόνησις

Know what's up to you, and think before you decide.

Ask: What's one thing you worried about this week that wasn't up to you?

Courage

andreia · ἀνδρεία

Do the right thing while you're scared.

Ask: What's one small brave thing you did, or didn't do, this week?

Justice

dikaiosynē · δικαιοσύνη

Be fair; don't take what isn't yours.

Ask: Did anyone take something from someone else this week (a turn, credit, a secret)? What would protecting have looked like?

Self-control

sōphrosynē · σωφροσύνη

Feel it, then choose: a river, not a flood.

Ask: Were you stone, flood or river today?

The Three Laws

I. Know what is in your control and what is not. · II. Do what is right, not what is easy.

III. Protect your own, but do not take what is not yours.

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