Stoic Week at home: a seven-day plan

One Three Laws practice a day, 10–15 minutes, for a parent and a teenager (12–16). The parent does every practice too.

Day	Law	Practice	Dinner-table question	Done
1	Law I	**Up to me, or not up to me?** Each time you feel upset, ask the question. Write down five examples. *(Foundation, ch. 2)*	Which of today's five did you get angry about that wasn't up to you?	☐
2	Law I	**Fear Inventory.** Three fears. Can I control it? If yes, one action. If no, "I will let this go." *(Foundation, ch. 8)*	Is that fear telling you to stop, or to prepare?	☐
3	Law II	**The harder right thing.** One day: swap one easy-but-costly habit for the harder right thing. Evening: the Aretē Score. *(Foundation, ch. 2–3)*	What was your harder right thing today, and how did it feel afterwards?	☐
4	Law II	**Pause Practice.** Three seconds before acting with another person: "Is this impulse, or is this choice?" *(Foundation, ch. 5)*	When did three seconds change what you said today?	☐
5	Law III	**Protect, don't take.** One sentence on what protecting and taking feel like. Then the Friendship Audit. *(Foundation, ch. 2 & 6)*	Who in your five would you protect, and who protects you?	☐
6	Clear thinking	**Three questions.** Pick a post, advert or headline: What do you mean? How do you know? What if you are wrong? *(The Mind, ch. 1)*	What's one thing you believed this week without checking?	☐
7	All three	**Look back, keep one.** Stone, flood or river this week? Write one story or lesson from someone you love. Choose one practice to keep. *(Foundation, ch. 5 & 10)*	Which one practice are you keeping, and why that one?	☐

Missed a day? Carry on with the next one. You need a notebook each, or this page. No screens needed.

The one practice I'm keeping for the next month: