

Weekly Journal

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Wisdom of the Stoics



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This inspiring weekly calendar combines the timeless wisdom of the Stoics such as Marcus Aurelius and Seneca with modern lifestyle. Every week you can expect a powerful quote that will help you recognize what's important in life and keep a clear head.

Whether for everyday life, professional challenges or personal development - this calendar offers you 52 weeks full of food for thought that leads to calmness, self-reflection and inner strength. Perfect for anyone who longs for more mindfulness and balance in life.

The respective calendar page does not have a date. This means you can enter your own date and start at any time during the year. There are also note pages so that you can, for example, record the progress in your development.

The Stoics shaped thinking about virtue, reason and serenity in the face of fate. They teach us that true happiness and inner peace lie not in external circumstances, but in our attitude and self-control. To this day, they offer profound insights into living a fulfilling and virtuous life.



*“The happiness of your life depends on
the nature of your thoughts.”*

Marc Aurel

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There was a time when everything in my life seemed fine on the outside, yet I felt restless and dissatisfied. Only when I started to consciously guide my thoughts did something shift. Each morning, I made it a habit to notice three small things I was grateful for. It was surprising how this changed the tone of my day—not because life itself changed, but because my perspective did. Happiness is often less about what happens to us, and more about how we choose to think.



WEEKLY PLANNER

Week of:

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	TOP-PRIORITIES



THOUGHTS

What kinds of thoughts have been shaping your days lately?

What are three small things you can appreciate today?



THOUGHTS

How do you usually respond when negative thoughts take over?

What could help you gently shift your focus toward the positive?

