FRONT-END COMPANION JOURNAL

The 30-Day Printable Stoic Morning & Evening Journal

Companion Workbook to The Stoic Morning Ritual · 30 Daily Prompt Templates

How to Use This Daily Stoic Log

Print 30 copies of the Daily Stoic Log Sheet below (or duplicate it inside Notion / GoodNotes) and complete the top half each morning before touching your phone, and the bottom half 30 minutes before bed.

Daily Stoic Log Template (Morning + Evening)

Prompt	Your Written Entry
1. Outside My Control Today (List & release)	1. 2. 3.
2. 100% Within My Control Today (My actions & standards)	1. 2. 3.
3. Premeditatio Malorum (Obstacle + If/Then response)	If _____ happens today, then I will respond by _____.
4. Today's Single Stone (90-min deep work target)	Task: Start Time: _____ · Completion Definition: _____
5. Evening Review (Seneca's 3 Questions)	• What virtue did I practice well today? • Where did I let impulse beat reason? • What one adjustment will I make tomorrow?

30 Daily Stoic Reflection Prompts (One Per Day)

1. What am I postponing because I am waiting for "perfect" conditions?
2. If I lost everything I own today, which skill or character trait would still remain?
3. Whose approval am I silently chasing right now, and why does their opinion govern my peace?
4. What complaint have I repeated more than twice this week without taking action?

5. Where am I confusing activity with actual progress?
6. What is the smallest promise I can make and keep to myself before 11:00 AM today?
7. If today were the final day of this chapter of my life, would I be proud of how I spent the first two hours?
8. Which digital distraction steals the most focus from my afternoon, and how can I block it today?
9. What uncomfortable conversation am I avoiding out of fear of temporary awkwardness?
10. How would my calmest, wisest future self handle the problem currently sitting at the top of my inbox?