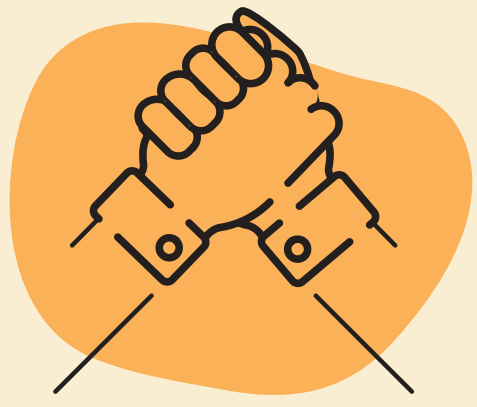


10 STOIC PRACTICES FOR A HAPPIER LIFE



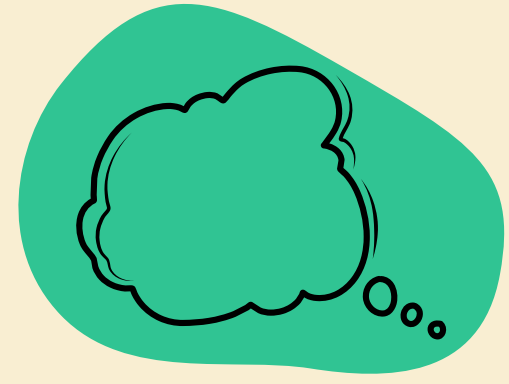
EMBRACE JOURNALING



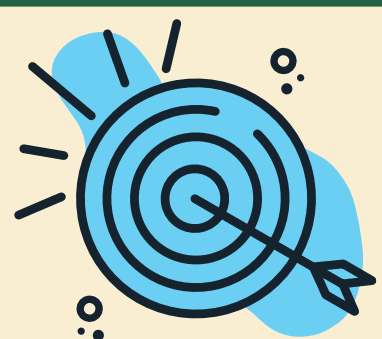
PRACTISE ACCEPTANCE



FOSTER INNER VIRTUES



MANAGE EXPECTATIONS



PRACTISE SELF-DISCIPLINE



CONTEMPLATE IMPERMANENCE



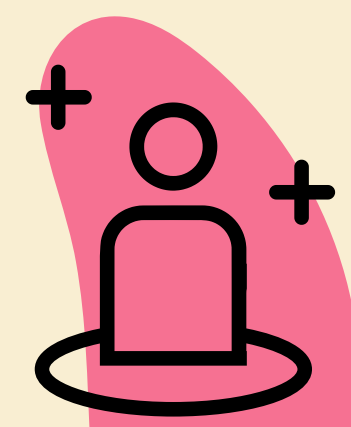
DEVELOP RESILIENCE



CONTROL WHAT YOU CAN



EMBRACE THE PRESENT



PRACTISE GRATITUDE

