

Exploration #3 — Journal: “Three Days in the Life”

Assignment

Your task for this “Exploration” is to implement Epicureanism, Stoicism, and Scepticism in your own daily life and then submit a journal reflecting on your experiences. Your implementations can be done at any time over the next several weeks, and in any order. You will need at least **three separate days** to do these implementations, **so do not leave this to the last minute!**

Your journal should consist of **four separate entries**, corresponding to the prompts listed below. For each entry you are free to use **whichever media format suits you best**: you may submit a written reflection, a voice note recording, a video diary, a blog, a Twitter feed, a comic – almost anything really! Your reflection may either chronicle your experiences throughout the day as they occur, or present a retrospective of the day’s events.

In implementing these philosophies into your own life, simply try to follow their principles as best you can and observe the results. There is no need to be drastic! What’s key is for you to reflect on the choices you make throughout the day and at least ask yourself, “What would an Epicurean/Stoic/Sceptic do?” For some instructions on how to live like each of these different types of philosopher, see the “Ten maxims” guides provided on the course website.

If you are submitting written reflections, **each journal entry** should be at least one half page of writing (**approximately 150 words**). If you are submitting a different kind of reflection, the content of each entry should be roughly equivalent to at least one half page of writing.

Entry #1: Epicureanism: Choose a day to make Epicureanism your philosophy of life for the day; then complete a reflection about your experience.

Entry #2: Stoicism: Choose a day to make Stoicism your philosophy of life for the day; then complete a reflection about your experience.

Entry #3: Scepticism: Choose a day to make Scepticism your philosophy of life for the day; then complete a reflection about your experience.

Entry #4: Summary Reflection: Once you've completed the first three reflections, complete a summary reflection about your overall experience, comparing and contrasting your three daily implementations and reflecting on how this exercise has deepened your personal appreciation of what it means to adopt philosophy as a way of life.