

Philosophical Journal #1 (due February 26)

This journal consists of four reflections, completed at your leisure over the next several weeks.

Daily Reflection #1: Epicureanism

Choose a day to put ancient Epicureanism into practice and make it your philosophy of life for the day; then use this page to submit a reflection on your experience. For some instructions on how to live like an Epicurean, see the “How to live like an Epicurean - Ten maxims” guide.

For your reflection 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.

If you are submitting a written reflection, your reflection should be at least one full page of writing (approximately 300 words). If you are submitting a different kind of reflection, the content of your reflection should be roughly equivalent to at least one full page of writing.

Daily Reflection #2: Stoicism

Same instructions as Daily Reflection #1, except with ancient Stoicism. For some instructions on how to live like a Stoic, see the “How to live like a Stoic - Ten maxims” guide.

Daily Reflection #3: Scepticism

Same instructions as Daily Reflections #1 & #2, except with ancient Scepticism. For some instructions on how to live like a Sceptic, see the “How to live like a Sceptic - Ten maxims” guide.

Midterm Reflection

Once you've had an opportunity to put each of our ancient philosophies of life into practice for a day, use this page to submit a summary reflection on your overall experience, comparing and contrasting your three daily implementations, thinking about which specific school you'd like to focus on in the weeks ahead, and reflecting on how this exercise has deepened your personal appreciation of what it means to adopt philosophy as a way of life.

If you are submitting a written reflection, your reflection should be **at least two full pages of writing (approximately 600 words)**. If you are submitting a different kind of reflection, the content of your reflection should be roughly equivalent to at least two full page of writing.

Philosophical Journal #2 (due April 2)

This journal consists of four reflections, completed at your leisure over the next several weeks.

Daily Reflection #4: The school of your choice

Choose a day to put one of our three ancient philosophies of life into practice and make it your philosophy of life for the day; then use this page to submit a reflection on your experience. (You may choose whichever ancient philosophy of life you wish; just remember that you will implement the same philosophy of life two more times after this, in your next two daily reflections.)

For your reflection 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.

If you are submitting a written reflection, your reflection should be at least one full page of writing (approximately 300 words). If you are submitting a different kind of reflection, the content of your reflection should be roughly equivalent to at least one full page of writing.

Daily Reflection #5: The school of your choice

Same instructions as Daily Reflection #4, with the same philosophy of life.

Daily Reflection #6: The school of your choice

Same instructions as Daily Reflections #4 & #5, with the same philosophy of life.

Final Reflection

Once you've done Daily Reflections #4, #5, and #6, use this page to submit a summary reflection on your overall experience, comparing and contrasting your different daily experiences, thinking about how the repeated implementations changed your attitude towards the philosophy of life, and reflecting on how this exercise has deepened your personal appreciation of what it means to adopt philosophy as a way of life.

If you are submitting a written reflection, your reflection should be **at least two full pages of writing (approximately 600 words)**. If you are submitting a different kind of reflection, the content of your reflection should be roughly equivalent to at least two full page of writing.