

# The Meditations Book 1 Exercise

*Accept the things to which fate binds you, and love the people  
with whom fate brings you together, but do so with all your heart. - Marcus Aurelius*



@whatiststoicism



@whatisstocicism

# Introduction

Marcus Aurelius's Meditations is a collection of private notes the Roman Emperor wrote to himself for his own guidance and self-improvement.

Written almost two thousand years ago, it remains one of the key texts on Stoic philosophy.

Meditations consists of twelve books, covering different periods of Marcus's life. The first book begins as follows:

'From my grandfather Verus: decency and a mild temper.

From what they say and I remember of my natural father: integrity and manliness.

From my mother: piety, generosity, the avoidance of wrongdoing and even the thought of it; also simplicity of living, well clear of the habits of the rich.'

As can be seen, the first book of Meditations is dedicated to paying homage to those Marcus has learned from in his life. And we're going to do the same here.

To complete this exercise just like Marcus did all those years ago, just follow the simple worksheet on the next page\*. When you really think about the people around you and what they've given you, you'll realise how grateful you are.

\* There is space for four entries, print another page if that's not enough!



@whatisstoicism

# My Book One

*'Gratitude is not only the greatest of virtues, but the parent of all others.' - Cicero*

From \_\_\_\_\_:

From \_\_\_\_\_:

From \_\_\_\_\_:

From \_\_\_\_\_: