



IN SEARCH  OF WISDOM

# PERENNIAL HABITS

*21-Day Guided Journal*

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DAY III

# PERENNIAL HABITS



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## INTRODUCTION

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The art of journaling has existed for thousands of years in philosophical and spiritual traditions. Marcus Aurelius's journal, known today as *Meditations*, remains one of the greatest works of spiritual and ethical reflection ever written.

Once we understand the fundamentals of living the good life, we face the challenge of putting them to practice. For this reason, Epictetus advised, "Do not talk about your philosophy; embody it."

This journal takes you through 21-days of guided reflection to help you embody this perennial habit and provide clarity on the type of life you want to lead.

Thank you for reading; we hope this free guided journal can aid you in daily life.

PART I

# PERSPECTIVES



True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us.

SOCRATES

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## DAY 1: WHAT DO I KNOW FOR SURE?

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## DAY 2: WHERE DID I MAKE PROGRESS?

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**DAY 3: HOW DID I EMBODY A BEGINNER'S MIND?**

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**DAY 4: WHERE DID I EMBODY COURAGE?**

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**DAY 5: WHERE DID I SHOW SELF-DISCIPLINE?**

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## PART II

# PRINCIPLES



If at some point in your life, you should come across anything better than justice, wisdom, temperance, and courage..., embrace it without reservations—it must be an extraordinary thing indeed.

MARCUS AURELIUS















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**DAY 14: TAKE A VIEW FROM ABOVE?**

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PART III

# PRACTICES



Good character is not formed in a week or a month. It is created little by little, day by day. Protracted and patient effort is needed to develop good character.

HERACLITUS









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**DAY 18: WHERE DID I SHOW KINDNESS?**

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**DAY 21: HOW DID I PUT MY WORDS INTO ACTION?**

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ABOUT

# PERENNIAL LEADER PROJECT



Dedicated to searching for and spreading  
wisdom for daily life.

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