

The 7-Day Sunday Reset



*Simple wisdom from the Stoics and the Tao,
for a calmer week.*

I N N E R T R U T H

W E L C O M E

Before you begin

Sunday is a soft door between one week and the next. This little guide helps you walk through it gently.

For seven days, you'll read one line from the old teachers of calm, the Stoics and the Taoists. Each day has a plain-words meaning, a short practice (two or three minutes), and one question to write about.

You don't have to do it perfectly. Start on any Sunday. Skip a day if you need to. Just come back.

DAY 1

Come home to yourself

“Men seek retreats for themselves, houses in the country, sea-shores, and mountains... For nowhere either with more quiet or more freedom from trouble does a man retire than into his own soul.”

— Marcus Aurelius, Meditations 4.3 (trans. George Long)

IN PLAIN WORDS

You don't need a trip to feel calm. A quiet place is already inside you.

PRACTICE · 2–3 MINUTES

Sit down. Close your eyes. Take five slow breaths. On each breath out, let your shoulders drop a little. Then picture a quiet room inside you, and just rest there for one minute.

JOURNAL PROMPT

Where do I feel most at peace, and how can I visit that feeling this week?

DAY 2

Sort what is yours

“There are things which are within our power, and there are things which are beyond our power.”

— Epictetus, Enchiridion 1 (trans. T. W. Higginson)

IN PLAIN WORDS

Some things are up to you. Some are not. Peace starts when you know the difference.

PRACTICE · 2–3 MINUTES

Draw a line down a page. On the left, write what is worrying you that you can control. On the right, what you can't. Circle one thing on the left. Let the right side rest.

JOURNAL PROMPT

What is one thing I keep carrying that was never mine to carry?

DAY 3

Spend your time on purpose

“Nothing, Lucilius, is ours, except time.”

— Seneca, Moral Letters 1 (trans. R. M. Gummere)

IN PLAIN WORDS

Your time is the one thing that is truly yours. Spend it like it matters.

PRACTICE · 2–3 MINUTES

Look at tomorrow. Pick one small block of time, even ten minutes, and give it a name: rest, a walk, a call to someone you love. Write it down so it is real.

JOURNAL PROMPT

Where did my time go last week, and where do I want it to go this week?

Notice the story

“Men are disturbed not by things, but by the views which they take of things.”

— Epictetus, Enchiridion 5 (trans. T. W. Higginson)

IN PLAIN WORDS

It's often not what happens that hurts most. It's the story we tell about it.

PRACTICE · 2–3 MINUTES

Think of one thing that upset you lately. Write what actually happened in one plain sentence. Then write the story you told yourself about it. Notice the gap.

JOURNAL PROMPT

What is a kinder, truer way to tell myself this story?

Smaller than you fear

“There are more things, Lucilius, likely to frighten us than there are to crush us; we suffer more often in imagination than in reality.”

— Seneca, Moral Letters 13 (trans. R. M. Gummere)

IN PLAIN WORDS

Most of what we dread never comes. Our minds just practice the pain early.

PRACTICE · 2–3 MINUTES

Name one worry out loud. Ask: Is this happening right now? If not, place your hand on your chest, breathe slowly three times, and say, “Not today.”

JOURNAL PROMPT

What am I afraid of that hasn't happened, and what would I do if it did?

One small step

“The journey of a thousand li commenced with a single step.”

— Lao Tzu, Tao Te Ching 64 (trans. James Legge)

IN PLAIN WORDS

Big changes are made of small steps. You only need the next one.

PRACTICE · 2–3 MINUTES

Pick one thing you've been putting off. Shrink it until it takes two minutes: open the file, fill the water glass, write the first line. Do just that, now.

JOURNAL PROMPT

What is the smallest step I can take toward something that matters to me?

DAY 7

Know yourself, be content

“He who knows other men is discerning; he who knows himself is intelligent... He who is satisfied with his lot is rich.”

— Lao Tzu, Tao Te Ching 33 (trans. James Legge)

IN PLAIN WORDS

Knowing yourself is wiser than knowing everyone else. Being content is its own kind of wealth.

PRACTICE · 2–3 MINUTES

Write down three things you already have that you're glad for. Small is fine: warm socks, a friend's text, morning light. Read them back slowly.

JOURNAL PROMPT

What do I already have that is enough?

THE END, AND A BEGINNING

A closing word

You made it through seven days. That matters more than you might think.

Calm is not something you find once. It's something you come back to, again and again, like breath.

Keep this guide close. Next Sunday, pick the day you need most and begin again.

*“Be gentle with yourself. The quiet is always there.
You only need to turn toward it.”*

— Inner Truth

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