



The Aurelius Foundation presents: A STOIC START TO 2021

Overview

Our webinar is hosted by Aurelius Foundation founders, Justin Stead and Dr John Sellars alongside Aurelius Foundation Youth Ambassadors, Dhruv Makwana, and Sukhraj Gill.

We consider how we should choose and plan for our Stoic resolutions in 2021.

Key Takeaway

- **Focus Internally:** Focus on your character and being prosocial.
- **Expect Realistically:** Start small, build up steadily and aim for overall consistency, not consecutive days.
- **Intend Strongly :** We can choose to persevere, even to re-adjust, but not the pace of progress or end result.