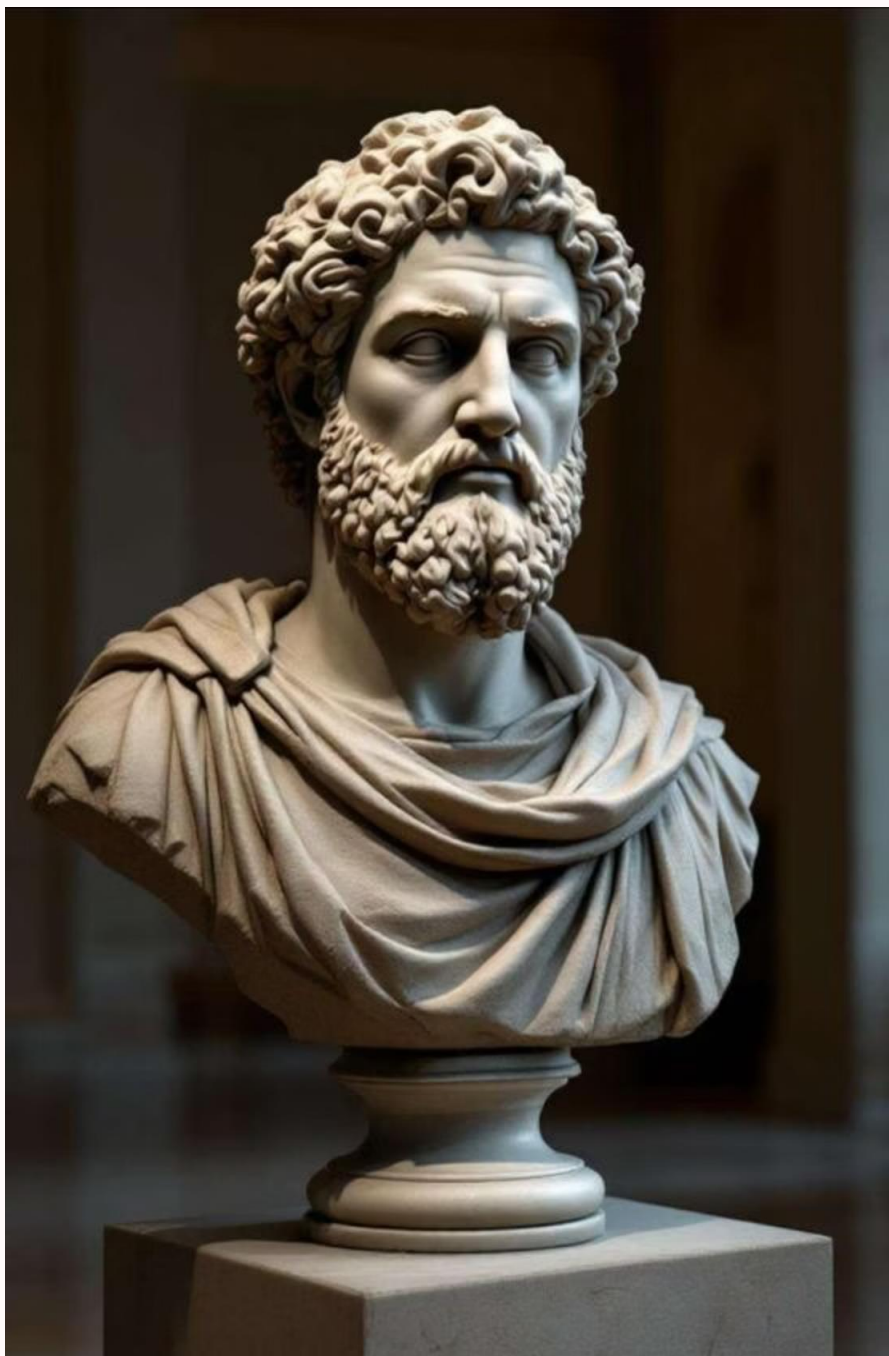


# Stoicism: Ancient Philosophy in Modern Life

Virtue, Emotional Control, and Resilience

RESEARCH PRESENTATION, BY GABRIEL SAGOE



ORIGINS

## What Is Stoicism?

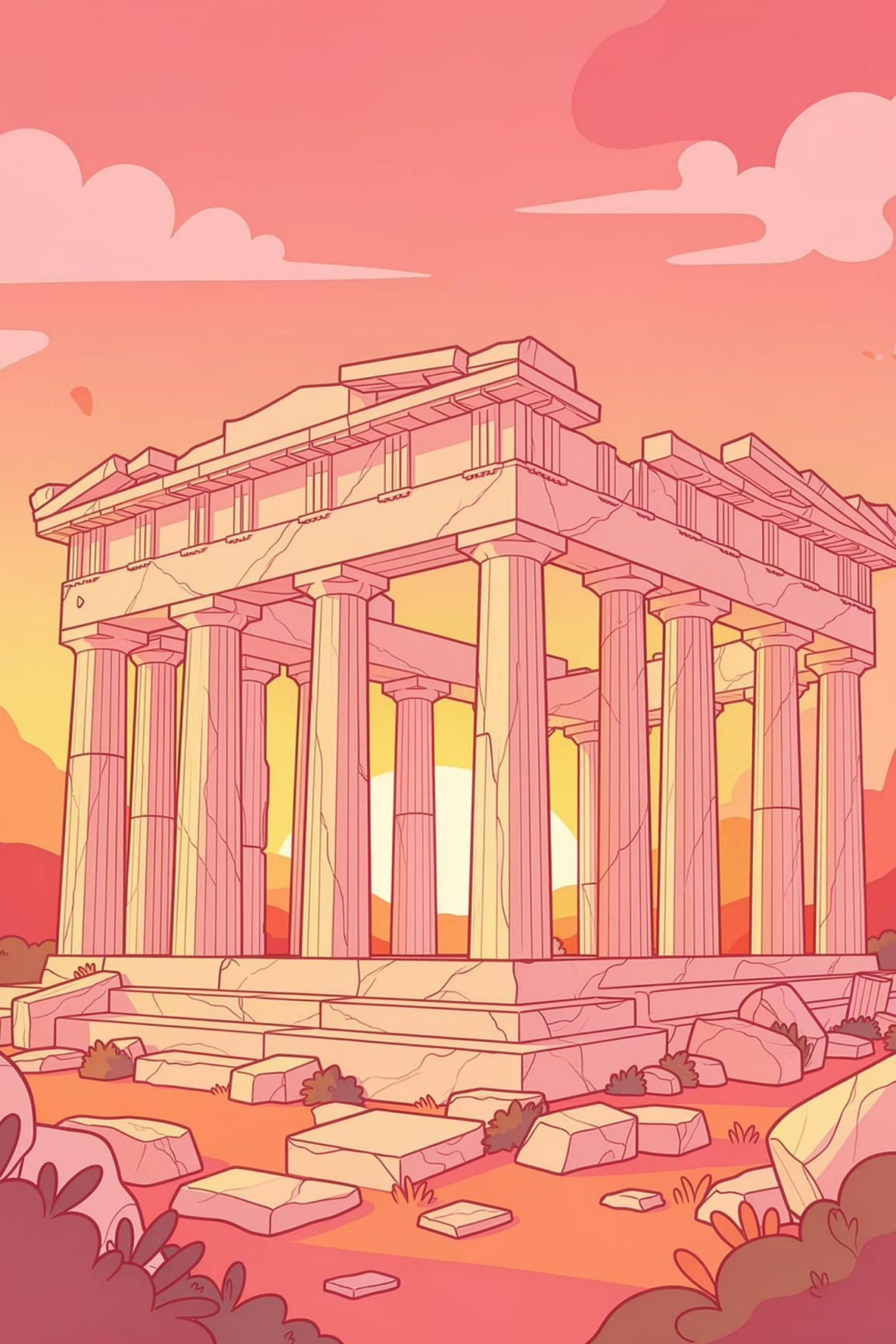
Founded by **Zeno of Citium** in Athens, circa **300 BCE** — one of antiquity's most enduring schools of thought.

Virtue  
The highest good

Reason  
The guide to action

Self-Control  
Over impulse

Acceptance  
Inner peace through acceptance



# The Four Stoic Virtues

A virtuous life, rooted in these four qualities, is the foundation of true happiness.



## Wisdom

Clear judgment and sound decision-making in all circumstances



## Courage

Acting rightly despite fear, hardship, or adversity



## Justice

Treating others with fairness, honesty, and integrity

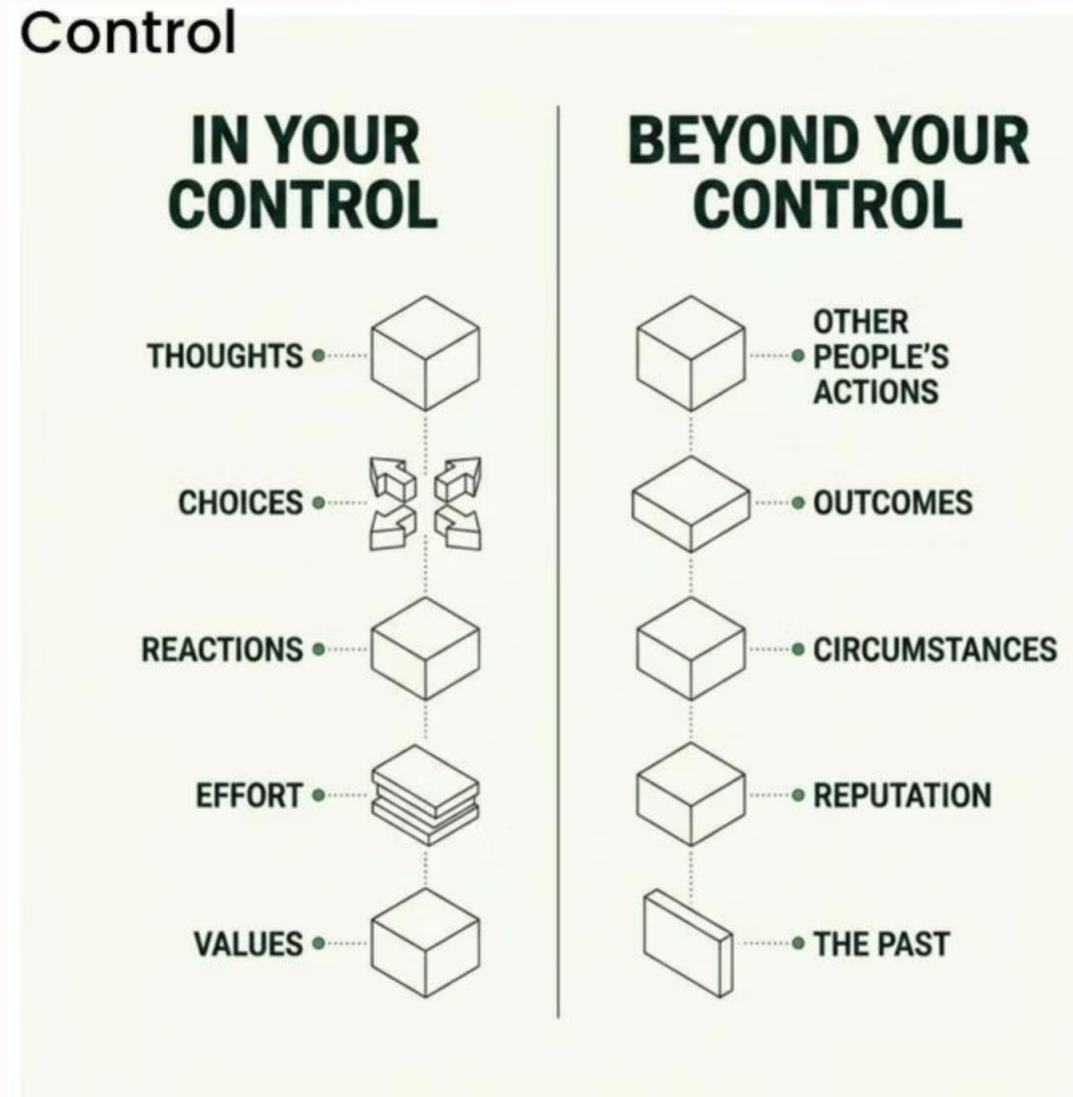


## Temperance

Moderation and self-discipline in thought and action

# The Dichotomy of Control

## Control



"Make the best use of what is in your power, and take the rest as it happens."

— Epictetus

This single idea — the foundation of Stoic practice — is proven to reduce stress, anxiety, and reactive decision-making.

**i** Focus your energy only where it matters.



FILM EXAMPLE

# Gladiator – Courage Under Fire

Maximus embodies Stoic heroism: maintaining honor despite losing everything, channeling grief into disciplined purpose, and accepting fate without bitterness.

## Duty Over Self

Virtue and honor  
above personal  
survival

## Acceptance

Faces fate with  
grace and moral  
clarity

## Resilience

Grief channeled  
into disciplined  
purpose

"What we do in life echoes in eternity." – Maximus, *Gladiator* (2000)



FILM EXAMPLE

# The Pursuit of Happyness – Controlled Response

## Hardship Without Despair

Gardner faces homelessness, poverty, and rejection – yet never surrenders his focus or dignity.

## Controlling What He Can

Attitude, effort, and daily choices remain entirely his – the Stoic response to an uncontrollable world.

## Virtue as the Path

Focus and perseverance – not luck – define his journey. A real-world Stoic in action.

# Inside Out – Emotional Intelligence



Pixar's *Inside Out* visualizes what Stoics taught centuries ago: emotions are not enemies – they are signals to be understood, not blindly obeyed.

→ Reason Guides Emotion  
Rational response over impulsive reaction

→ Regulation ≠ Suppression  
Stoicism never asks us to feel nothing – only to respond wisely

→ Balance  
Leads to healthier decisions and inner peace

# Stoicism in Modern Life



## Mindfulness & Therapy

Cognitive Behavioral Therapy (CBT) is directly rooted in Stoic principles — changing thought patterns to change behavior.



## Journaling & Reflection

Marcus Aurelius kept *Meditations* as a private journal. Today, reflective writing remains a core Stoic practice.



## Performance & Resilience

Athletes, executives, and military leaders use Stoic frameworks to stay calm under pressure.



# Why Stoicism Still Matters



## Resilience

Builds psychological strength to face setbacks without collapse



## Decision-Making

Reason over reaction — clearer choices under pressure



## Inner Peace

Acceptance of the uncontrollable frees energy for what matters



## Purpose

Virtue-driven living gives direction in a distracted world

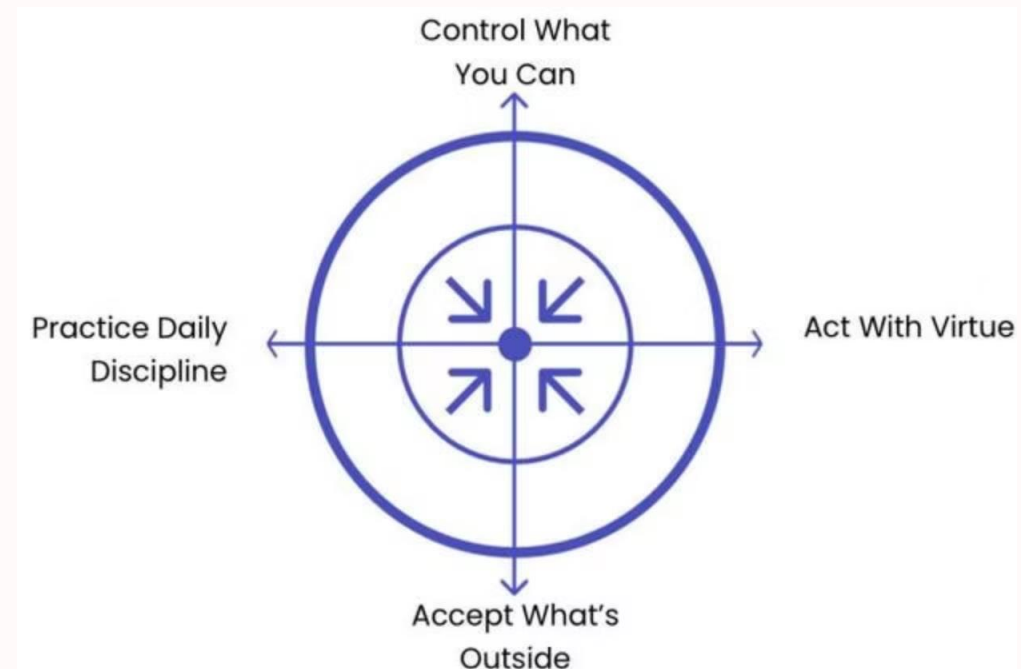
## Conclusion

# A Living Philosophy

Stoicism is not a relic of antiquity – it is a **living philosophy**. Its teachings on virtue, discipline, and acceptance offer a timeless framework for navigating modern challenges.

"You have power over your mind, not outside events. Realize this, and you will find strength."  
– Marcus Aurelius

The goal was never perfection – only the daily practice of living well, with reason and intention.



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