

Title/Subject Line: How 15 minutes per day can shape your life for good

Subtitle/Preheader Text: One way to bring more clarity and mindfulness into your life

Email/Content:

One Idea:

The story dates back to around 50 CE, when the Prominent Stoic Philosopher Seneca, who was also an advisor to Emperor Nero and a Playwright in Ancient Rome, suggested the concept of Evening Reflection to his friend Lucilius in his letters.

In letter 83, Seneca advised Lucilius to reflect on his thoughts, actions, and words at the end of the day. The stoic himself practiced the same every day and believed the habit elevated his philosophical, moral, and personal self.

He mentioned his routine in the letters to Lucilius, now compiled as *Letters from a Stoic*, and I quote:

“When the light has been removed and my wife has fallen silent, aware of this habit that’s now mine, I examine my entire day and go back over what I’ve done and said, hiding nothing from myself, passing nothing by.”



Although the philosopher practiced Evening Reflection to improve his stoic self, it is no exaggeration to say it applies to folks of all industries in the modern world.

Even after 1958 years, the idea of self-examination at the end of the day is powerful. The timeless routine is exercised by successful personalities like Bill Gates, Oprah Winfrey, Mark Zuckerberg, Tim Ferris, and more, who credit their progress to this 'stop-and-reflect' routine.

Evening Reflection is primarily practiced via journaling, but personalities like Steve Jobs and Barack Obama take evening walks to reflect on their day.

Imagine this:

Think of the days you have 100s of tasks on to-do. You spend all your time checking one task after the other and hardly waste any time, yet you still feel you are not doing enough in life.

If it rings a bell, Evening Reflection makes you mindful of your actions and sheds light on blindspots that often go unnoticed.

You introspect your actions, identify patterns, and position yourself on the path to improvement.

Let me leave you with a few questions to begin your Evening Reflection Journey:

- What are the tasks I accomplished today?
- How much time did I spend on different habits?
- How was my mood, clarity, and [Task]-related motivation?
- Is there a part of the day I didn't like or am unsatisfied with? Vice Versa.
- How can I make tomorrow a better day than today?

One Quote:

"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope."

- Barack Obama, A Promised Land

One Tool:

[AudioPen](#): Sometimes you have many many thoughts that you just can't put on paper. It feels much easier if you could just speak it out, but you also want to keep a note of everything. It can

be with your journaling, documentation, and any work-related notes. AudioPen solves this for you. You just need to speak your mind out and the tool instantly summarizes your thoughts. If that's not what you want, you also get a word-to-word transcript.