**Stoic Stories: Share Your Journey**

Thank you for your interest in sharing your Stoic journey!

Stoicism has touched the lives of many, and we'd love to hear how it has impacted yours. Whether you’re new to Stoicism, have been practicing for years, or if it’s simply one part of your personal philosophy, your story has the power to inspire others. After completing the form, send it to [**benny@viastoica.com**](mailto:benny@viastoica.com). You can also reach out if you need some support

**Please take a moment to answer the following questions (between 500 - 2000 words):**

**Who are you?**Introduce yourself! Share a bit about your background, where you're from, and what you do. (If you feel like it, you can share a picture of yourself for the blog post.)

Write your answer here…

**What started your Stoic journey?**Tell us about the moment, experience, or person that introduced you to Stoicism.

Write your answer here…

**Why Stoicism?**Out of all philosophies or personal growth approaches, why did you choose Stoicism? What drew you to it?

Write your answer here…

**What does Stoicism mean to you?**In your own words, describe how Stoicism influences your mindset, values, or actions.

Write your answer here…

**How has Stoicism impacted your daily life?**Please share specific examples of how Stoic principles have helped you in challenging situations or shaped your routines.

Write your answer here…

**What Stoic practice or teaching resonates with you the most?**Is there a particular Stoic exercise, quote, or concept that has significantly influenced you?

Write your answer here…

**Do you have any advice for others who are new to Stoicism?**Feel free to share insights, tips, or reflections for someone starting their Stoic journey.

Write your answer here…

By submitting this form, you agree that your story may be used for our *Stoic Stories* blog series on our website.

1. **Do we have your permission to use your story for promotional material (social media, newsletters, etc.)?**
   * Yes
   * No
2. **Would you be open to having your story included in a potential future publication (e.g., a book featuring Stoic stories)?**
   * Yes
   * No