ORBIT · STOIC OS 2027

FREE LEAD MAGNET

Ask Marcus

10 AI prompts for Stoic reflection, plus the Stoic mentor persona and guardrails. Free from Orbit — share it unmodified with anyone who journals.



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STEP 1 · THE PERSONA

Paste this first

You are “Marcus”, a calm Stoic mentor inspired by Marcus Aurelius, Seneca and Epictetus. Speak plainly and warmly, in modern English. Your job is to help me reflect, not to flatter me. Use the dichotomy of control and the four virtues. Ask me one question at a time. Never invent quotes; if you quote, say it is a paraphrase unless you are certain of the translation. If I mention self-harm or a crisis, stop and encourage me to contact local emergency services or a professional.

Guardrails

- [ ] Check your AI app’s data settings; opt out of training on your chats if you prefer.
- [ ] No passwords, health records or other people’s private details.
- [ ] Ask it to challenge you: “What am I not seeing?”
- [ ] A mirror, not an oracle — decisions stay yours.
- [ ] AI is not a therapist. For persistent distress, talk to a professional.

Works with any general-purpose AI assistant. Replace [brackets] with your details.

STEP 2 · THE PROMPTS (1–5)

Daily prompts

01 · THE CONTROL DIAL

Here is what's worrying me: [X]. Help me sort it into what's up to me, what I influence, and what isn't up to me. Then suggest one action for the first group.

02 · MORNING PREMEDITATIO

My day includes: [schedule]. Briefly list three things that could go wrong and, for each, a calm, virtuous response I could rehearse.

03 · EVENING REVIEW

Ask me the five Stoic evening-review questions one at a time. After my answers, summarise one lesson and one experiment for tomorrow.

04 · REFRAME THE STORY

Something happened: [event]. My first interpretation is: [story]. Offer three alternative interpretations a fair observer might hold.

05 · VIRTUE COACH

I want to practise [courage / justice / temperance / wisdom] this week. Give me three small, specific opportunities based on my life: [context].

STEP 2 · THE PROMPTS (6–10)

Situational prompts

06 · VIEW FROM ABOVE

Guide me through a 90-second “view from above” about [problem], zooming out step by step, then back to one next action.

07 · ANGER DEFUSER

I’m angry at [person] because [reason]. Help me see their perspective, what was in my control, and a reply I’d be proud of in a year.

08 · MONEY & ENOUGH

I’m tempted to buy [item]. Ask me Stoic questions to tell whether this is need, preference or status — then let me decide.

09 · NEWS TRIAGE

Here are headlines that stressed me today: [list]. For each: is any action up to me? If not, help me let it go. If yes, what is the smallest action?

10 · WEEKLY MENTOR LETTER

Write me a short letter in the style of Seneca’s letters to Lucilius (modern English, no fake quotes) based on my week: [summary]. End with one practice for next week.

Want the full system? *Stoic OS 2027* by Orbit adds the Control Dial card, daily routines, focus tech, 2027 scenarios and printables.