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Ask Marcus: 10 Stoic AI prompts

A Stoic mentor persona and 10 reflection prompts for any AI assistant. Free pages from Stoic OS 2027 by Orbit.

IN THIS FREE SAMPLE

01 The “Ask Marcus” persona prompt and AI guardrails

02 All 10 Stoic reflection prompts

THE FULL GUIDE — STOIC OS 2027 (38 PAGES)

- Core ideas from Marcus Aurelius, Seneca and Epictetus (verified public-domain quotes)
- The Control Dial + a printable tear-out card
- Daily OS: morning boot, workday checkpoints, evening review, resets
- Habit, focus, wearable and calendar setups
- Work, money, relationships, news anxiety · 2027 forecasts & scenarios · printables

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(003) AI AS A REFLECTION PARTNER

Meet “Ask Marcus”

General AI assistants can be good journaling partners: they ask follow-up questions, spot patterns and never get bored of your Tuesday. Used carelessly, they flatter you or harvest your secrets.

The persona prompt (paste once per chat)

> 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 the app’s data settings; turn off training on your chats if you prefer
- [ ] Don’t paste other people’s private details, health records or passwords
- [ ] Use first names or initials only
- [ ] Ask it to challenge you: “What am I not seeing?”
- [ ] Treat it as a mirror, not an oracle — the decision stays yours
- [ ] AI is not a therapist; for persistent distress, talk to a professional

Fun fact: Marcus’s *Meditations* was literally a private journal titled roughly “to himself.” You’re just adding a very fast notebook.

(003) ASK MARCUS · PROMPT PACK

10 AI prompts for Stoic reflection

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].

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.

Works with any general AI assistant. Paste the persona prompt first (previous page). Replace [brackets] with your details — minus anything private you wouldn't write on a postcard.