



Module 6 Activity “My Epicurean Day”

(Due Oct 30, 11:30 a.m.)

During our class workshop, lesson and discussions, we have been trying to articulate a set of descriptions for what Epicurus would consider a good, philosophical Way of Life. We determined that it would, at the very least, include three main elements of Epicurean happiness (repose, meaningful activity, friendship); as well as practices that accord with, and cultivate, the cardinal virtues (practical wisdom, courage, moderation, justice). An Epicurean way of life would pay attention to our experiences of pleasure and pain over the long run, and would retreat from practices or desires that disturb the soul or cause pain.

So, given Epicurus’s vision for a good way of living:

- 1) **create a full itinerary for your own Epicurean Day.** Account for all segments of the day: Morning, mid-morning, mid-day, afternoon, late afternoon, evening (and whatever other segments you discern for your day. Plan it out. Make a schedule). How would you incorporate Epicurus’s WOL into one good day for you? What would his principles look like if you enacted them for your own life? (e.g. What would you do for breakfast? What would you do after work (What would you do *at work*? *Would* you go to work? What kind of work?) What would you do for repose? With friends?, etc.)
 - For each itinerary item, **explain how it reflects an Epicurean WOL principle.** Include a passage from Epicurus’s text (from Letter to M., Principal Doctrines, or Vatican Sayings) that reflects the WOL principle this itinerary item attempts to enact. (in other words, this itinerary is an “annotated” one, it includes explanations after each item.
- 2) Then, **over the course of one week, attempt to complete every (or nearly every) item on that itinerary.** (Feel free to do something that is *as close as possible* to an itinerary item that is not-quite-possible to complete as-written). You have a week to do everything, because it might not be possible to do it all in one day, in our current lifestyles (But if you can do it all in one, glorious Epicurean Day, go for it! As you do each part of the itinerary, try to think intentionally about its connection to Epicureanism.
- 3) **Submit on Canvas** the original **annotated itinerary, as well as at least 1-page reflection** in which you describe your experiences with your Epicurean Day, and what insight you gain (about the benefits and challenges, the preferability and problems, of an Epicurean WOL, for instance; about which aspects of an Epicurean WOL you think you might for-real want to incorporate into your life, etc.).