Facilitator moves

THE MAIN MOVE

"What do you mean by…?" Ask the group to define courage or justice before debating it.

Then ask: **"Can you give an example?"**

When the room needs help

- **Silence.** Wait ten seconds. Ask, "Which virtue is easiest to admire?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Hero worship.** "What did they actually do?"
- **Defining forever.** "A working definition is enough. What's yours?"
- **Self-criticism.** "Where did you practice one, even a little?"
- **Giving advice.** "What has helped you?"

PROTECT THE TIME

Give each question about eight minutes and start the practice by minute 65. If time is short, skip the reveal. Begin the close by minute 80 and finish at 90.

When asked for your view

Offer it briefly: "Here's my tentative view. What would make you doubt it?" Keep the question open.

Notes and follow-up

Key texts: Marcus Aurelius, *Meditations* 3.6; Cicero, *On Duties* 1.15.

The Four Virtues

What does a good person actually do?

Today looks at the four virtues through a short passage from Marcus Aurelius and the people we admire.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Getting Started

Before you begin

Silence your phone, set a quiet timer, and keep this guide open. Have the reading ready on a phone or printout, and a pen for your own notes.

Open (10 minutes)

Welcome. Challenge ideas, give reasons, and share the floor. Passing is always fine, and a made-up example works as well as a personal one. If the group met last month, invite one brief report on the practice.

Ask the whole group: **"Think of someone you admire. What do they actually do?"** Hear three or four; no names needed.

Read (10 minutes)

READ ALOUD · MARCUS AURELIUS, MEDITATIONS 3.6

Read the passage aloud from the linked text or the QR code.

If you find anything in life better than justice, truth, self-control, and courage, Marcus says, turn to it with all your heart. He doubts you will.

Meditations 3.6

Ask: **"What would you be tempted to name instead?"** Then move to the discussion.

Open · 10 min	Read · 10 min	Discuss · 45 min	Practice · 15 min	Close · 10 min
Welcome; someone you admire	Aloud, together	Questions 1–5	One virtue a day	One takeaway each

Discuss

1. Which of the four virtues do you see in the person you admire?

Probe: Which one do they lack?

2. Marcus ranks virtue above everything. What would you be tempted to put above it?

Probe: What would it cost to choose virtue instead?

3. Can someone be brave without being wise? Honest without being kind?

Probe: What goes wrong when one virtue acts alone?

4. Which virtue does your work or family life ask of you most?

Probe: Where is it hardest to give?

5. Where did you practice one of them this week, even in a small way?

Probe: What made it possible?

GOING DEEPER · IF THE ROOM IS READY

The Stoics held that the virtues are one: you can't fully have one without the others. Do you agree?

Practice: one virtue a day

Start with this case, or use a volunteer's example if one is ready. Tomorrow brings a tense meeting with a colleague, a promise to help a friend move, and a dessert you've decided to skip.

Work through the steps aloud. Take two or three answers at each step.

1. **Pick.** Which virtue will this day ask of me most? Wisdom, justice, courage, or temperance.
2. **Plan.** Where will I need it, and what would it look like?
3. **Recall.** When did I practice it, even in a small way?

IF TIME ALLOWS · THE REVEAL

The tense meeting is cancelled, and your friend's move runs three hours long.

Probe: Which virtue does the day ask for now?

The virtues work together; practicing one usually calls on the others.

Close

Return to the opening: **"What does a good person actually do?"** Take one or two answers. Invite each person to choose one occasion to try the practice; anyone may pass.

UNTIL NEXT TIME · ONE VIRTUE A DAY

Each morning, pick one virtue; each evening, recall one moment you practiced it.

Thank members, confirm the next meeting, and finish on time. Announce the next meeting's topic and its opening question.

After the meeting: send a short recap through your group's usual channel with one or two observations and the practice.