

# Professional Reading Program

Wildland Fire Leadership Development Program



## *The Little Book of Stoic Quotes* by Phil Van Treuren

**Best Wildland Fire Leadership Level to read this book:**

- Any Leadership Level.

### Why Read *The Little Book of Stoic Quotes*?

*“Stoicism is focusing on things that are in your control, overcoming negative emotions, living in the present moment, helping others for the common good, and finding opportunity in every obstacle.”*

*“We can’t choose what the world gives us to work with, but we can choose how we create, shape, organize, and build with it.”*

*The Little Book of Stoic Quotes* is a fast and easy read that contains many ideas and actions that will be valuable to fire leaders at any level, from first year firefighters to leaders of organizations. This is a book about self-development, and how to train the mind through self-reflection and simple examples. Tackling topics from perception of others, to confronting (or surviving) challenges, to managing emotions and responses to negative event, there are concepts of value for everyone.

As a fire leader, training the mind for the mental challenge of working with others in the fire environment is every bit as important as training physically for the same reason: The more prepared you are, mentally and physically, the better you will perform when it matters. Remember, the first person you lead is yourself.

A video summary of the concepts found in the book is linked below.

- **You Have a Beautiful Mind. Learn to Use It the Right Way With Stoicism. (2 minutes):**  
<https://www.youtube.com/watch?v=n5jl4hyHHmk>

For more leadership ideas and to dig deeper, check out the Wildland Fire Leadership Development Program (WFLDP) blog, Facebook page, Professional Reading Program, and more at the links below:

**Blog:** <http://wildlandfireleadership.blogspot.com/>

**Facebook:** <https://www.facebook.com/WFLDP>

**Professional Reading Program:** <https://www.nwccg.gov/wfldp/toolbox/prp>

## *The Little Book of Stoic Quotes Discussion Questions*

### **Discussion Ideas: Digging Deeper**

As you read the book, take a moment to intentionally reflect on each section. Did you agree with the idea or concept in that section? Why or why not? What will you apply as a fire leader or student of fire? How about in your personal life? What topic did you find the most interesting or valuable?