

STOIC VAULT BONUS

Chapter Spine Checklist

A short-chapter shape you can repeat. You still edit.

A practical Stoicism chapter is not a classics essay. It is a short unit a tired reader can finish. Use the same spine every time so the book feels built, not stacked.

- 1 Open on a real scene**
Start in a moment the reader already knows. A kitchen, a shift, a late message, a bill on the table. Name the place, the pressure, and the choice. No lecture in the first paragraph. One scene.
- 2 Name the Stoic idea in plain English**
Say the idea in words a smart non-specialist already uses. If you want a Greek or Latin term, put the plain English first and the term once, after it. The reader came for a usable idea.
- 3 One modern application**
Keep it inside this book's angle. One situation. Show what the reader does differently in the next hour, not in a perfect life.
- 4 One exercise**
Give one practice they can do today. A line to write, a pause before a reply, or a rule for the next decision. One exercise. Not a second workbook inside the chapter.
- 5 Close**
Return to the opening scene, or to the one sentence the chapter exists to teach. Then stop. Do not add another idea because the page looks short.

Stoic Vault can draft to this shape: scene, plain idea, one application, one exercise, close. You still edit. Cut the lecture, the diagnosis, and any promise the scene did not earn. Print the next page once per chapter. You are the one who publishes.

PRINT ONE COPY PER CHAPTER

Chapter spine checklist

You still edit. A vault draft is not the finished chapter.

BOOK WORKING TITLE

ANGLE — ONE READER, ONE PRACTICE

CHAPTER NUMBER

CHAPTER WORKING TITLE

OPEN ON A REAL SCENE — PLACE, PRESSURE, CHOICE

STOIC IDEA IN PLAIN ENGLISH, ONE SENTENCE

OPTIONAL TERM, ONLY AFTER THE PLAIN ENGLISH

ONE MODERN APPLICATION, INSIDE THIS ANGLE

ONE EXERCISE THEY CAN DO TODAY

CLOSE — THE LINE THIS CHAPTER IS FOR

EDIT PASS · AUTHOR STILL EDITS

- ☐ Opens on one real scene
- ☐ Idea is in plain English first
- ☐ One application, in this angle
- ☐ One exercise for today
- ☐ No medical, therapy, or income claims
- ☐ Does not say it replaces a clinician
- ☐ I edited this. It is not a raw draft.