

RECOMMENDED READING

"The Daily Stoic Journal"

by **Ryan Holiday** and **Stephen Hanselman**

A Contribution to My Career as a Lawyer,
Woman, and Mother



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"Obstacles are part of life. Even the most powerful and fortunate cannot escape this reality."

Practicing law entails constant exposure to conflict, the search for solutions, meticulous attention to detail, the pressure of deadlines, and a profound responsibility to clients who place their trust in our judgment. While there may be cases that evoke different emotions, we must learn to view them impartially and serenely, to find the most objective, legal, and just solution.

As a lawyer specializing in insurance law in Ecuador, I have walked a path full of intellectual challenges and demands, where, despite the emotions I may feel, I must learn to react without allowing those emotions to direct my judgment. During this process, I discovered The Daily Stoic Journal as an invaluable tool. Not only has it helped me strengthen the way I structure my thinking and reinforce my ethical convictions, but it has also been instrumental in safeguarding my mental and emotional well-being.

Professionally, The Daily Stoic Journal, written by Ryan Holiday and Stephen Hanselman, proposes a daily reflection exercise based on ancient teachings from philosophers such as Marcus Aurelius, Epictetus, and Seneca. This journal was a gift, and at first, I considered it just a simple notebook with inspiring quotes and journaling prompts. However, it quickly became a space for both intimate and professional reflection. It reached me during the COVID-19 pandemic, when, as an insurance lawyer, I went through exhausting days and faced strategic decisions under pressure, closely witnessing the human reality of losing loved ones.

In such circumstances, reading a brief stoic reflection every morning helped me stay present and reminded me that control lies



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in my actions, not in the outcome or the uncertain future. As the Stoics consider, fear makes us feel threatened and limits our ability to act efficiently. These simple guidelines have been key to maintaining serenity not only in challenging cases but also in my personal and family life.

As an insurance lawyer, a substantial part of my work involves interpreting regulations, identifying contractual risks, and arguing my clients' positions with solid grounds. The practice of writing daily, motivated by a stoic phrase or concept, has been extremely helpful in strengthening my ability to reflect, analyze, and reason logically. It forced me to think calmly, to question myself, and to detect when my personal judgment might cloud a legal interpretation.

Stoic philosophy reminds me that law is not just a tool; it is a way to serve, to organize, and to protect, as the Stoics teach: "Doing the right thing is, in itself, the reward. Doing what is right and knowing that we have helped someone is enough."

On a personal level, one of the greatest challenges we face as women lawyers, and even more so as mothers, is the constant self-demand, the need to respond excellently, to fulfill everyone's needs, and to remain emotionally available on all fronts. This can easily become overwhelming.

The Daily Stoic Journal allows me to build a space for daily pause, where I reconnect with myself and question the inner dialogue of "everything depends on me." It helps me understand that there are events beyond my control and that I must act with serenity, not perfection. This has allowed me to approach situations with greater compassion for myself, reducing frustration when I do not achieve the expected outcome. I now understand that I cannot do everything and that my strength lies not in resisting everything, but in accepting that I have limits.

This journal has been much more than a well-being resource; it has been a tool that has allowed me to balance my professional life and personal growth. It has been a means to become a more focused lawyer, a more balanced woman, and a more present mother.

In a profession where the mind is the primary tool, this daily practice reminds us that we must maintain equanimity, not being swayed by impulses or the uncertain future over which we have no control.

I sincerely recommend this guide to any lawyer who, like me, seeks not only to do their job well but to live with greater meaning, purpose, and inner peace.

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