

Year_____ Month_____ Day_____ Consecutive Practice Days_____ Missed Days_____

Day 12

Gratitude:

The Industrial Revolution accomplished many wonderful things for humanity. It spurred technology that makes it possible to access the world physically by plane, or intellectually through the internet. It's made it possible for you to be reading this. But it's done one thing for us that is often overlooked and, in my opinion, is immeasurably destructive.

It trained us to treat each other like machines. I resent the idea that the more efficient and consistent you are, the better human. Somehow, machine-like qualities of production have been taken on as a human virtue. In the gym setting, we even see this said as a compliment; "You're a machine!"

No. I'm not. And neither are you.

The Lyceum Method is designed to help you achieve what you want in life. And it does prompt you to consistent practices. But within those practices, there is room to breath. Inhale. Exhale. As a living, growing, changing, organic being. Flesh and blood.

Playing with a new version of your future Vision each morning not only teaches you about yourself as you see patterns emerge and changes occur, but it also frees you to experience more of the potential joys, wonder, and curiosity of an unknown future.

When I began this daily practice, I had a very clear vision.

I was recently divorced, and had sold my business. I had owned a gym for 17 years and was ready to move on. My life had changed dramatically in just the previous 6 months, largely due to the practices that I had implemented and now call The Lyceum Method.

My vision at the time was to move to Mexico to begin a writing career. I had made all of the arrangements. I had most of my possessions stored away. I had all I needed to live in one back-pack. I had a one way ticket to Mexico. A clear path, a solid plan, a vivid Vision. Then it all changed...

The same week I gave notice of my leaving the gym to the new owners, I had two other coaches also give notice. You can read more details about this story in my book; "STOP SETTING GOALS!" but just know that I felt terrible about





