Year_____ Month_____Day_____Consecutive Practice Days_____Missed Days_____

# Day 13

*Gratitude:*

Until writing about your Vision for the future becomes second nature, it can be helpful to ask the simple questions of; Who, What, Where?

Who will you be? Who will be with you?

What will you be doing? What will your days look like? What will you have?

Where will you be living, working, traveling to?

Notice I didn't ask When or How?

*When* isn't up to you. I know that's shocking to hear. Most goal-setting strategies try to force a timeline in order to motivate you to action. This may come as a surprise, but you don't need a deadline in order to be motivated to action. If you're shaking your head right now and saying, "No, you don't get it. I *need* deadlines to avoid procrastinating!" I assure you- you don't! The Lyceum Method will prove this to you, but we're not quite there yet. Keep building the Daily Practices and you'll see!

*How* is up to you, but we're not going to include that in the Vision. Trying to predict how we will bring about our Vision is another way of restricting your creativity and putting your Vision in a box. The Lyceum Method will develop untapped creativity within you, and you'll have the opportunity to experience the wonder of how your future Vision can become your present Gratitude.

I'm not saying you shouldn't jot down creative ways you might think of to achieve what you want. I encourage you to not include those in your Vision for the future, because there are often many ways, perhaps infinite paths, that you can take to get to your Vision. Many of those paths are dark until you begin to step out on your journey. It's ok- let them be dark for now! That's part of the curiosity and wonder of it all. For now, just focus on seeing the future you want to live.

*Vision:*

*Daily:*