Year_____ Month_____Day_____Consecutive Practice Days_____Missed Days_____

Day 20

Gratitude:

Vision:

I try to structure my Affirmations to describe only the things that are in my direct control.

This is probably one departure from the woo-woo guru who teaches Affirmations as magic. I'm not suggesting that daily Affirmations cause external forces to bring you your desires. I look at Affirmations, and all of The Lyceum Method, as a set of tools for personal development. They are instruments of change that radiate from the inside out. It's not about what's "out there". It's about what's in you.

A personal example:

I don't write Affirmations such as, "It's so awesome to have 1,000 members in The Lyceum Community!"

Although I would love to see that happen, I don't have direct control over this number. It requires the consent and actions of at least 1,000 other people! Instead, I focus on the traits and habits that I want to see in myself. These traits and habits could lead to the desired result of 1,000 Lyceum Community members, but that's not what I'm focusing on at all.

Instead, I might write something like; "I feel so proud to be such a prolific artist and author!"

I don't have direct control over how my content is received, but I do have complete control over how much I practice writing and making art. For decades I considered myself an artist, but would rarely draw or write. My blogging over the past 15 years has been horribly inconsistent. But *when I began a daily practice of feeling pride for being such a prolific writer, I began to write more.*

It just gets uncomfortable after a while. Writing out an affirmation and really feeling it as presently true makes it really uncomfortable to act in any other way. Telling myself every morning how proud I feel to write so much makes it really easy to go to my keyboard after the journal and start writing.

Because I believe I'm a prolific writer, I am.

I think. Therefore, I am.

Affirmations:

Daily: