Year	_ Month	Day	Consecutive Practice Days	Missed Days
Day 24				
Gratitude:				
gravivaac.				
Vision:				
Vision.				

If you were the type of person who set S.M.A.R.T. Goals, you were probably taught to work backwards from that goal to create a roadmap of how to reach your destination. Now, instead of a journey, we're dancing through life. So what about the guidance you were getting from the road map? Don't we need to plan in order to take appropriate action toward our Vision?

Yes. But instead of a step by step plan, we only need to know the next step. A good place to learn the next step is in your Affirmation and Vision. You can see the life you want in your Vision. The life you desire requires a person with certain traits to achieve it. Your Affirmation helps to identify what those traits are.

My Vision includes the life of an author with a large catalog of published work. So one of my current Affirmations

"I'm so proud to be such a prolific author and artist."

This identifies what I need to do: Publish more art and writing. To publish something I must create it first, so I have structured for myself a daily practice of writing.

Tomorrow we're really going to get to the meat of The Lyceum Method: Action.

Know that your practices of Gratitude, Vision, and Affirmation all have a carryover effect that goes beyond the direct benefits of each. They all serve as lenses to help bring into focus your self-knowledge and guidance in your next steps.

Affirmations:	
Daily:	





