



# Dancing the Dance

The Lyceum Methods' four-step journaling process won't change things overnight. It will, however, set a process in motion that will gradually change the way you maneuver each day. You'll become clearer in your intentions. If you're not already one, you'll become more of a doer. After this daily practice is firmly rooted as a habit, it will feel uncomfortable to *not* be working to live your dream life. Anything that doesn't match what you're writing about will begin to feel out of place. This daily practice will shift the resistance in your life.

In *The War of Art*, Steven Pressfield describes resistance as that thing that stands between a writer and sitting down to write. He says, "Most of us have two lives. The life we live, and the unlive life within us. Between the two, stands resistance."

When I was setting "SMART" goals, I would resist the work. I would procrastinate. I would look at the steps needed to achieve my goals as the unpleasant part of the process. And, since I had come to expect failure, I would avoid this unpleasant work because I had little faith that it would all be worth it.

But I found a hack.

When I began to cultivate the daily habits of noticing all I had to be **grateful** for, **envisioning** the future I wanted, **affirming** who I wanted to be, and identifying what immediate **action** looked like, I was programming my mind to enjoy the daily processes so it felt more uncomfortable to avoid the tasks than to do the work. I put the resistance on the other side of action.

When you're looking at your own potential every day, it gets really uncomfortable when your actions are incongruent with your vision. Taking on a task that I've identified as a next step toward my dreams feels great. There's an immediate payoff. I don't feel that I'm delaying gratification, because I'm getting the instant gratification of seeing that step taken.

One step closer to the life of my dreams.

Your turn.

*Action:*

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*Daily:*





