Year	Month	Day	Consecutive Practice Days	Missed Days
Day 30)			
Gratitua	e:			
Vision:				
v 131011				
	ions:			

As we've spent the past 30 days exploring the journaling process above, we can boil it down to developing an appreciation for our past, future, and present. Practicing Gratitude for the past that has brought you to where you are with the people and things you have to be thankful for, Affirmations and a Vision for the future you want to live, and Action Steps for today that can get you closer to the future you desire.

While writing out your next Action Step is the smallest task in the process so far, I believe it's the most potent. It's the real breakthrough from traditional goal setting. It's the action. It's the progress. It's the now. The gift of the present.

The distinct difference between The Lyceum Method and traditional goal setting, is that I want to emphasize living in the present moment. Where traditional goal setting is about delayed gratification for some future deadline, my approach is about taking pleasure in the daily processes that move us forward. Practices, habits, and routines drive your future. The present moment is the only time that's real.

The past is a memory; it only exists in your mind.

The future is only a guess.

Right now is as real as it gets. Right now is all you have. Right now is your life. I want you to live it!

Action:	
Daily:	





