

Present

I was stuck in a goal-setting loop, I was always living for the future, with a few moments here and there where I'd be regretting the past.

I've developed The Lyceum Method, which now helps direct me to the present. I'm not only achieving more than I used to, I'm happier along the way. I'm more present, patient, peaceful. Instead of waiting for some future outcome, I'm living my life now. Instead of being ripped apart between regrets, hopes, and fears that were pulling me in different directions, I now have a sense of ease.

Because I'm living *now*, I love all my life.

Pinning happiness to certain outcomes is a nightmarish trap. The daily action step of this journal won't save you from it right away. The Gratitude practice is a huge improvement, but you may still find yourself thinking in terms of results. When you get to the action steps, you might default to listing a handful of things you think you should *accomplish* that day.

One problem with this is that sometimes what seems like a small task to complete is, in reality, a multi-step process, and sometimes it even involves the cooperation of other people. In other words, it isn't always in your direct control, and it isn't always attainable because the various steps needed to complete the task can turn it into a bigger project than anticipated.

You may also notice that your to-do list often includes things that are repeated day after day. Sometimes because you don't get to them when you originally intend to, sometimes because there are many steps involved in completing that one task, and sometimes because what you're listing as a task is really a long series of repetitive tasks.

Seeing your action steps carried over from one day to the next can feel like failure. Sometimes even the shortest of to-do lists can take days or weeks to get done. This is part of the trap in the old methods of goal setting. You don't feel successful until you achieve some specific result.

Instead, let's try an experiment...

Practice

This seems like such a stupid-simple thing. Insignificant even. But The Lyceum Method can have a profound impact on the way you perceive your life. The more you intentionally try to direct your thinking away from goals and toward habits and Practices, the more you'll discover about yourself.

This simple shift has led me to discover deep concepts that I'm still learning and exploring; discoveries about learning, developing skills, adapting to change, building confidence, achieving objectives, living intentionally, developing focus, consistency, presence of mind, flow states, creativity, curiosity, gratitude, empathy, effectiveness, organization, inner calm...even love.

I have no idea how deep this rabbit hole goes, but I'm excited to share with you what I've discovered so far. Let's explore a little about what this small change can do for you.

For today's Action step, avoid planning on a results-oriented task (I will get X done). Instead, make a commitment that you know you can stick to about the amount of *time you'll devote to progress*. (Today I'll spend 15 minutes working toward X).

Action: _____

Daily: _____





