Year_____ Month_____Day_____Consecutive Practice Days_____Missed Days_____

Day 7

You've made it a week in your new practice! If it took you longer than a week to get here, don't stress about it. That's not a failure. The fact that you're reading this now means you've weather stuck with it, or you're getting back to it. Either way is a win!

If your Consecutive Practice Days are 7 and your Missed Days are 0 then you're well on your way to a practice that will become a habit. If you're picking this back up after missing a day, you're training your brain to treat this as important. Keep at it and it will become easier and easier to stay consistent. Eventually, instead of being "A person who is using a journal", you will be "A person who journals". One is an action, the other is part of an identity. It's just what you do. And that is the difference between traditional goal-setting and The Lyceum Method. Goals are tasks, The Lyceum Method is a practice that transforms you into the person who is living the life you want.

Let's keep going.

Tomorrow we'll be adding in a new practice. For today, let's stick with just the gratitude one more time:

Spend a few minutes writing about ***at least 5*** people, places, things, events, opportunities- anything that comes to mind for you to express gratitude towards.