Year_____ Month_____Day_____Consecutive Practice Days_____Missed Days_____

Day 53

*Gratitude:*_____

*Vision:*_____

*Affirmations:*_____

*Action:*_____

Now that you've begun to build your Vision Board, let's come back to the present.

Future thinking is only as valuable as it is inspiring. Yes, you can plan for things, but we are not nearly as adept at predicting the future as we feel we are. In fact, most of the time we get it wrong. The Vision Board can help us keep that inspiration in front of us, but it's our Daily Practices that are the most accurate tool for planning.

Like I've said, you can't steer a parked car, but when you're moving you can make corrections and choose new routes. Since The Lyceum Method tries to avoid specific, time-bound, attachment to outcomes, should we abandon measurements altogether?

No.

But instead of fooling ourselves into thinking we can predict the future, we'll use the past to quantify data and help us make better decisions about our actions for today.

Your Daily Practice is the most important aspect of The Lyceum Method. It's what moves you toward your vision. It moves your Vision toward the present. It changes us. And now that you've had a taste of developing your Daily Practice, you can now begin to use it as a guide.

If you're happy and excited about your results, keep going.
If you're disappointed, first ask yourself if you've fallen into the goal-setting trap again. Are you attaching your happiness to some specific outcome?
If you think your practice is good, but could be better...well, that's a different thing! How wonderful! You've discovered an opportunity to improve.

You might assume that since I don't want you to set specific, measured goals, that I want you to abandon metrics. What I really want to emphasise is that it's better to use metrics from experience instead of metrics from an abstract future. So yes, track your progress. Track your numbers. If your practice is fitness related, track your weights lifted and reps completed. If your practice is an art form, compare your work from the past week to that of 6-weeks ago (better yet, a year ago).

It's difficult to improve what you can't measure. Just realize that your Daily Practice is the tool that will allow you to measure real results, instead of the goal-setting trap of trying to measure up to expectations.

Daily: