

Year _____ Month _____ Day _____ Consecutive Practice Days _____ Missed Days _____

Day 56

Gratitude: _____

Vision: _____

Affirmations: _____

Action: _____

It may seem like The Lyceum Method is frequently prompting you to do less in a world that entices you to do more.

Doing less is not a cop-out though, it's a strategy.

Doing less means you have identified your priorities. If you can narrow your actions to the single, simplest, single action that you can take today, you're automatically putting your Vision into a position of priority. Trying to do more and layering on top of your existing life can feel defeating before you ever start.

Narrowing your Daily Practices to one, priority-driven Keystone Practice helps you maintain focus and consistency.

Setting the bar low helps ensure that you can always return to your practice with confidence.

Short, daily Practice sessions are less frustrating than long slogs.

Skills that are practiced daily for short sessions become more ingrained in your subconscious than the same volume of work done in one longer, weekly session. First, you retain a higher percentage when you can focus for ten minutes instead of drifting off and back for sixty minutes. Second, brain plasticity is improved with sleep. So each night after a short session, your brain is gradually rewiring itself to improve on your practice. If you try less frequent but longer sessions, you'll also get less frequent rewiring sessions while you sleep.

Short, easier sessions are more likely to encourage you to come back. Less frustration means more enjoyment. Less fatigue means you're more likely to want to come back to the task for the next session. You create a positive feedback loop with shorter, more enjoyable practices.

All of these benefits and more compound each other to bring about massive change from small efforts.



