



Yesterday we explored the idea of creating more consistent practices by mixing up the practice itself. This helps avoid the monotony that might lead to inconsistency, but there's another powerful benefit to implementing variety; *evolution*.

The evolution of a species can't work without two critical components:

1: Lots of tries. This is your Daily Practice. Each day of your Practice is like another generation of a species.

2: Lots of variety. If every organism is exactly the same, then there's no way for any particular one to have an advantage over another. Evolution would stop if our genes were perfect. And so it is with your Gratitude, Vision, Affirmations, Actions, and Daily Practices.

By introducing variety into your approach to Daily Practice, you'll be able to more effectively evolve your Practices to be more and more potent. Mixing it up is not only a boredom buster, it's a way to test out alternatives, allowing you to keep what works best for you, and discard old ways of doing things.

When I compare The Lyceum Method to the traditional Goal-setting models, I often criticize goal-setting for its assumption that you should know how to get somewhere you've never been. Goal setting requires you to anticipate future results, something that humans have been proven to be terrible at.

So why would we assume that your Daily Practices would be any different? The Lyceum Method would not be any better than traditional goal-setting if we assumed that your Day 1 Practice is already the best approach or format that you should stick with for the rest of your life. That's absurd. In fact, if your Day 60 Practice looks exactly the same as your Day 1 Practice, something's wrong.

The Lyceum Method is a form of A-B testing. Practice A. Then Practice B. Which one is better for you and gets you closer to your vision? If it's B, then find a new A and repeat the test with the original B. Keep repeating this experiment as you go and your Practices will evolve to ever more advanced and effective methods.

The consistency needed to get you closer to your Vision is in the Daily attention to Practice.

*How* you Practice can and should change dramatically as you go.





