

Year \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Consecutive Practice Days \_\_\_\_\_ Missed Days \_\_\_\_\_

## Day 60

*Gratitude:* \_\_\_\_\_

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*Action:* \_\_\_\_\_

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Throughout this Course Journal, you've been introduced to each component of The Lyceum Method in small, daily practice sessions. On the pages following this final entry, I've presented to you a consolidated summary of The Lyceum Method.

There is no prompt today. If you've made it this far you have 60 days of The Lyceum Method completed. You're probably feeling a sense of accomplishment and you should be able to measure some real, objective results by now.

The Lyceum Method is not something to be completed. It's a method for how we approach our life.

There is no goal to achieve *everything* on your Vision Board. The idea is to live a life that is shaped by it, to be present and acknowledge gratitude for what your life is now, to become the person who lives out their Vision.

The idea is to Love All Your Life.





