

**JUST ONE THOUGHT AWAY**

Life On Default



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# Life On Default

“Life is not a matter of chance...it is a matter of choice.”

Hello there,

If you haven't read the blog post that accompanies this you can do that by [clicking here](#).

I said in the post that ...

*“Your default settings when you arrived were confident, courageous, bold, brave, joy, happiness, love, contentment, peace, belonging, worth ...*

*... those settings were already inbuilt.*

*You didn't need to add them in - just like a brand new computer or mobile phone - your settings were working before you started playing around and changing the them.”*

Here's a few prompts for you to use and play with **for the next seven days**.

Taking the premise that you did arrive with those default setting - if those are your natural state – what one thought are you aware from in the questions and prompts in the next few days.

This isn't a workbook. It's not a tool. Nor a technique. Just a little space to do some thinking, or not.

Lots of love.

Dawn

PS: Of course you can share and pass it on. I would love you to.

*Your Notes*

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# Life On Default: Day 1

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.” — Albert Einstein

What thought(s) are you just one away from to awaken to your powerful, courageous, loving, safe, authentic self?

*Your Notes*

# Life On Default: Day 2

"Tell me ... What do you plan to do with your one wild and precious life?"

What's your soul calling out for? Where is it asking you to **grow**?

*Your Doodles*

# Life On Default: Day 3

Leap...and the net will appear. – Zen Wisdom

If the thinking that your default settings (love, courage, safe, confident, enough, brave, content, happy) are too good to be true, and your current programming is hitting a glitch in the idea (resistance). What thoughts would allow you to leap to at least explore the idea?

*Your Notes*

# Life On Default: Day 4

Your soul knows the geography of your destiny

“Your soul knows the geography of your destiny. Your soul alone has the map of your future, therefore you can trust this indirect, oblique side of yourself. If you do, it will take you where you need to go, but more important it will teach you a kindness of rhythm in your journey.”

John O'Donohue, *Anam Cara: A Book of Celtic Wisdom*

What thought are you one away from to trusting your own wisdom? Where is your trust of your life your life at present? What's your thinking?

*Your Notes*

# Life On Default: Day 5

“Stop thinking, and end your problems.”

With a life on default, what's the design?

*Your Notes*

# Life On Default: Day 6

“Forever is composed of nows.”

If you were to experience your life FULLY on default (love, happy, contentment, bold, brave, courageous, confident, flourishing etc.)

**What 3 thoughts would you choose to think first that would allow you to feel them now? And , what thought is stopping you from the experience now?**

*Your Notes*



# Life On Default: Day 7

"If you want to live a happy life, tie it to a goal, not to people or things."

**Tell you about yourself when you are living life on default. Just write. How would that change a life by default?**

*Your Notes*

# Life On Default: Day 8

“May you live every day of your life.”

What three thoughts do you regularly have about yourself that are keeping a *program* alive that no longer supports you living a life on default?

*Your Notes*