



BE THE
CEO OF
YOUR OWN
LIFE

DEFAULT VERSUS DESIGN PROMPTS

A Gentle Journaling Practice to Realign with What Matters

You don't need to overhaul your whole life to start feeling more like yourself again. You just need a few clear moments of honesty—and the space to ask better questions.

This short journaling practice is designed to help you notice where you're operating from default mode and begin shifting toward a more **intentional design**, one small choice at a time.

You don't have to fix everything today. You just have to **listen to yourself** again.

✦ HOW TO USE THESE PROMPTS

This is not about fixing your life in one sitting. This is about **pausing with purpose**—just long enough to hear yourself again. On the next few pages, you'll find a set of journaling prompts designed to walk you through three gentle but powerful steps:

🕒 Notice the Defaults

Without judgment, we'll bring awareness to the places where you're running on autopilot—doing what's expected, not what's aligned. This is about truth, not shame.

🌱 Listen for the Design

Underneath the noise, you still know what matters. These prompts help you reconnect to your own voice—beyond the roles, rules, and responsibilities you've been carrying.

🔄 Make One Tiny Shift

Clarity without action creates frustration. We'll end by identifying one small thing you can do now to move from default to design—something simple, doable, and just for you.

Take your time. Skip questions if you need to. This is your space—use it in a way that supports you.

You don't need a complete plan to begin. You just need a moment of alignment.



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SECTION 1: NOTICE THE DEFAULTS

These questions are designed to raise awareness without judgment. There are no right answers—just patterns.

What parts of my day feel like I'm just "getting through it"?

Where do I say yes before I even check in with myself?

What drains me—even if I'm technically good at it?



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SECTION 1: NOTICE THE DEFAULTS

These questions are designed to raise awareness without judgment. There are no right answers—just patterns.

What do I keep doing just because I always have?

What would I stop doing immediately if I weren't afraid of disappointing someone?



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SECTION 2: LISTEN FOR THE DESIGN

Now let's tap into what's been buried under all the noise. These questions help uncover what you actually want.

When do I feel most like myself?

What's something I secretly long for, but rarely admit out loud?

Where do I feel peace or joy—even in small moments?



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SECTION 2: LISTEN FOR THE DESIGN

Now let's tap into what's been buried under all the noise. These questions help uncover what you actually want.

What would "enough" look like for me right now (in energy, time, connection, purpose)?

If I could design just one part of my day differently, what would I change?



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SECTION 3: MAKE ONE TINY SHIFT

This is where drift begins to turn into direction. Don't overthink it. Pick one thing. Write it down. Practice it this week. Then come back and choose another.

What's one small decision I could make this week that moves me toward alignment?

How can I remind myself that my needs matter too?



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✉ CLOSING ENCOURAGEMENT

You don't need to earn rest. You don't need to prove your worth through exhaustion. You're allowed to change—even if others don't understand it.

You were never meant to live on autopilot. You were meant to **lead your life**.

✨ READY FOR MORE CLARITY?

If you found this helpful and want more structured support, check out the **Goalcation**—a 3-day guided reset to help you design your life with clarity, structure, and soul.

goalcation

goal·ca·tion | \ 'gōl-kā-shən \

/noun

A short, intentional pause from daily life to realign with your purpose, design meaningful goals, and reset your personal direction—with clarity, structure, and soul.

Not a vacation. Not a hustle. A *deliberate* reset.

"I took a Goalcation last weekend and came back with more clarity in 3 days than I've had in 3 years."

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