DreamLift February 2015

a monthly newsletter from
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helping people create happier, more passionate lives!

Your Default Settings

All the electronic gadgets in my life arrive with default settings. I'm sure yours are the same way. The designers of the devices have ideas and strategies for these creations. And so, they "preset" the devices for what they see as the most optimal.

When you purchase a new device, you soon learn that things which seemed optimal to the creators may not be ideal for you. And, you start changing your settings. This makes the device work better for you, individually. Someone else might hate the way you have it set, but it works for you.

We each have our own default settings, too. You know yours, I know mine. For example, when I turn on the computer and see nothing happening as it should, I feel a sense of panic. Can't help it. Default setting.

When I watch a Super Bowl commercial with the Clydesdales and the golden lab puppy finding his way back to his best friend, I tear up. Can't help it. Default setting.

When I'm "wronged", there's an immediate sense of anger, confusion and frustration. All default settings.

Sometimes I operate just fine with my default settings. The way I was set in the factory serves me well in some situations. But, in others, I definitely need to flip a switch.

When I realize I'm functioning in a default setting that's not working, I like to challenge it. Is this the best way for me to "operate"? Am I optimal right now, or do I need to change my settings?

Imagine your phone. If you had to just live with your wallpaper, your ringtone, and your factory-set notifications, you would probably not be very happy. It's the same with your internal default settings. Flipping a switch, making a little change, choosing a different setting...operating in a slightly different way could make all the difference.

What's automatic for you? What are some of your default settings? Would it help, now and then, to try a different setting?

PLAYTIME

Think about the way you react to difficult or challenging situations. Are there times when you react almost instantly, without thinking? Those are your Default Settings.

Make a list of your default settings, and then imagine what other setting you might like to try instead. Here are a few examples:

Instead of defaulting to "angry" I'll try the "patience" setting

Instead of defaulting to "hurt" I'll try the "understanding" setting

Instead of defaulting to "frustrated" I'll try the "acceptance" setting

Instead of defaulting to "bored" I'll try the "content" setting

If the Default Settings are working, great. It's those that aren't supporting you in the highest way possible that might need a flip of the switch.

I deserve to have settings that work FOR me!