



# Change Academy Lab Notes

**TOPIC:** What's your default?

**EPISODE #39**

## **NOTES/TAKEAWAYS:**

### **EXPERIMENT:**

#### **Option 1**

Step 1: Identify a default mechanism that is currently in place in your life (whether it's one that you designed or one that was put in place by someone else).

Step 2: Ask yourself: does this path of least resistance lead somewhere that I want to go?

Step 3: If not, how can you disable that default mechanism?

#### **Option 2:**

Step 1: Identify a goal or outcome you want to create.

Step 2: Ask yourself: What default mechanism can I put in place to make that happen?

### **OBSERVATIONS:**

### **FURTHER EXPERIMENTS:**