

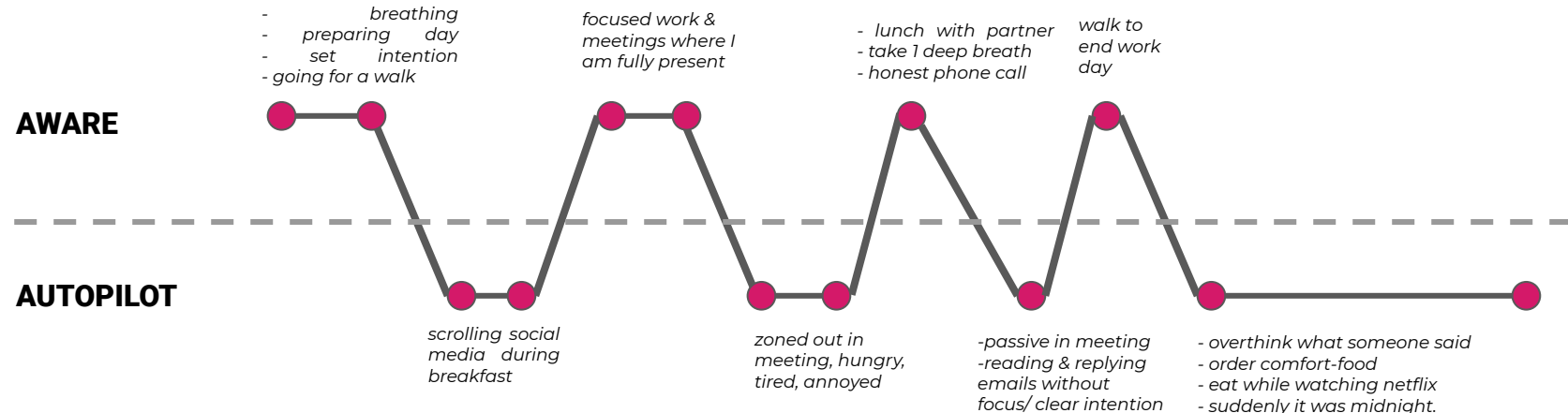
# AWARE VS AUTOPILOT.

This tool helps you to reflect on your day, what can you remember you did intentionally or, on purpose, and which moments just went by on autopilot (hard to remember what you were doing or why you responded in a certain way). Take some time at the end of the day to reflect on your day, and visualising from moment to moment. Insight in when or what causes you to go into autopilot-mode is a great step.

TIME OF THE DAY

6H 7H 8H 9H 10H 12H 14H 15H 16H 18H 19H 20H 21H 23H 24H

STATE OF MIND



# AWARE VS AUTOPILOT.

Feel free to create your own by drawing this tool in your journal or on a piece of paper.

**TIME OF THE DAY**

**STATE OF MIND**

6H 7H 8H 9H 10H 12H 14H 15H 16H 18H 19H 20H 21H 23H 24H

**AWARE**



**AUTOPILOT**