# Waking Up from Autopilot – Journaling Worksheet

Empower & Awaken Initiative – Journaling for Healing & Presence

Living on autopilot may have protected you in the past—but healing requires waking up. This worksheet invites you to pause, reflect, and reconnect with your true self. Use it as a sacred space to explore what it means to live intentionally.

## 1. Identifying the Autopilot Moments

a) What parts of your life currently feel like you’re just ‘going through the motions’?

b) When did you first notice this sense of disconnection or numbness?

## 2. Exploring the Why

a) What do you think autopilot is protecting you from (e.g., fear, rejection, failure)?

b) What emotions tend to trigger your autopilot response?

## 3. Reclaiming Presence

a) What activities make you feel most alive, grounded, or fully present?

b) If you could choose one small action to break out of autopilot today, what would it be?

## 4. Your Intention

Write one statement or intention you want to carry with you this week as you begin to reclaim your life:

 ***You deserve to live consciously. Your healing is sacred. Your presence is power***

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