



Beyond Auto-Pilot

A GENTLE GUIDE TO PRESENCE,
REGULATION, AND INNER CLARITY



Welcome

This workbook is an invitation to slow down, notice what's already present, and reconnect with a steadier place within you.

Not by effort or force, but through awareness, gentleness, and small moments of pause woven into everyday life.

You don't need to fix yourself to be here.

You may move through this workbook quickly, slowly, or in pieces. You may resonate with some sections and not others. There's no right way to engage. Take what's useful, leave what's not, and trust your own pace.

The practices here are simple by design. They're meant to meet you in real life—not in ideal conditions, quiet retreats, or perfectly regulated moments. Even brief attention counts. Even subtle noticing matters.

This workbook and the practices within it are offered for educational and reflective purposes only. They are not a substitute for professional medical, therapeutic, or mental health care. If you're navigating deep distress or trauma, additional support is encouraged.



A note of support:

Live practices are available through Everyday 7 Essentials to support presence and regulation in daily life.

everyday7.com/essentials

You have the power to Choose a Self-Aligned Life

The concepts, practices, and application exercises in this workbook are designed to support real change in everyday life. This work is work—it isn't meant to be effortless. At the same time, it's intentionally simple and practical, grounded in real circumstances rather than ideal conditions.

Much of daily life happens on auto-pilot. Habitual thoughts, emotional patterns, and long-held beliefs can shape how we respond to situations without our conscious involvement.

Over time, this can leave us feeling reactive or disconnected, as though life is happening to us rather than with us.

Are you living your life, or is life living you?

Self-aligned living often unfolds in three simple movements:

- Connect:** Reconnect with a steadier inner presence by noticing what's happening in the moment—without judgment or urgency.
- Reorient:** Gently interrupt automatic patterns and bring awareness back to what matters to you.
- Act:** Respond in ways that reflect your values, needs, and capacity—one choice at a time.

Move out of Survival & find Well-Being

When we're caught in cycles of stress or survival, it can be difficult to access a sense of steadiness or ease. This doesn't mean anything is wrong, it reflects the realities of living in a fast-paced, overstimulating world.

Well-being looks different for everyone. It isn't something to perfect or achieve, but something that can be noticed and supported—often in small, ordinary moments. At its core, well-being is less about doing and more about how we're relating to what's happening.



It would be easy to feel calm if life always unfolded the way we hoped or expected. In reality, life is often messy, unpredictable, and beyond our control.

As busy humans, we tend to stay focused on doing—managing, fixing, responding—while losing touch with a quieter, steadier way of being that's still available to us.



It's easy to get pulled into cycles of intrusive thoughts while overlooking the calm, spacious awareness that exists alongside them.

we are human beings, not human doings

**You may already
have your own
language for this
experience,
or none at all.**

What matters isn't the name, but the **noticing**: the ability to observe thoughts, emotions, and actions without being pulled into them.

There is a part of you that can notice what you're thinking, feeling, and doing—without getting swept up in it. This part isn't loud or demanding. It doesn't rush, judge, or push. It simply observes.

In this workbook, we sometimes refer to this experience as the True Self. You may already have your own language for it, or none at all. What matters isn't the name, but the experience of recognizing that you are more than your thoughts, emotions, or roles.

This steady awareness is always present, even when it's obscured by stress, fear, or overwhelm—much like the sun behind clouds. It isn't created or earned. It's revealed when things slow down.

Being connected to this part of yourself doesn't mean unpleasant thoughts or emotions disappear. It means you're no longer fused with them. You can notice them, relate to them with curiosity, and respond with more choice.

When we lose touch with this way of being, life can feel reactive and effortful. When we reconnect, even briefly, there's often a sense of space—room to breathe, feel, and respond more intentionally.

Noticing Auto-Pilot

How do I know I'm in Auto-Pilot?



Thoughts feel repetitive or convincing, making it hard to see other possibilities



You find yourself looping through familiar beliefs, judgments, or habits without much awareness.



You notice increased self-judgment or judgment toward others.



Your mind gravitates toward worst-case scenarios or anticipates negative outcomes.



You hear yourself using phrases like should, have to, need to, or must.

Putting *awareness* back in the driver's seat

Auto-pilot doesn't need to be eliminated or fought. It's simply a pattern that formed to help you get through life more efficiently.

Invite curiosity toward these patterns, bringing awareness, compassion, and choice back into moments that once felt automatic.

What is my True Self?

The part that observes.



It's the part of you that notices what you're thinking, feeling, and doing—without needing to change it.



This awareness is steady, open, and naturally curious. It stays present with experience rather than getting pulled into stories about the past or future.



You don't need to create this awareness. It's already here, available whenever attention settles into the present moment.

This awareness becomes clearer as you **untangle from your thoughts**.

Caught in a thought loop?

try this: bring attention to the part of you that's noticing the thought.

Simply noticing these patterns creates a bit of space:

- Are you replaying a conversation or moment?
- Is your mind circling around something unresolved?
- Are you imagining future scenarios or outcomes?

remember: Thoughts and emotions can be present without being in charge. Awareness doesn't push them away—it gives them room to soften.

Reframing Auto-Pilot Stories

These statements aren't meant to replace difficult thoughts or force positivity. They offer alternative perspectives that may become available when awareness is present.

Auto-Pilot Stories of Separateness	True Self Stories of Wholeness
I feel alone	<ul style="list-style-type: none">• I am whole• I am connected
I feel confused	<ul style="list-style-type: none">• I trust my intuition• I can pause and listen• I align with my values
I don't trust	<ul style="list-style-type: none">• I am honest• I speak my truth• I am authentic
I don't feel worthy	<ul style="list-style-type: none">• I have inherent worth• I love myself and others• I accept myself
I feel powerless	<ul style="list-style-type: none">• I am capable• I can respond• I have choice
I am not enough	<ul style="list-style-type: none">• I am worthy• I am loved• I am enough
I am not safe	<ul style="list-style-type: none">• I am safe• I am secure• I am grounded• I am okay



Common qualities of awareness

When awareness is present, you may notice some of the following qualities. They aren't traits to achieve — they're ways experience often feels when you're no longer caught in auto-pilot.

Present

Attention is anchored in what's happening now, rather than pulled into past memories or future projections.

Conscious

Thoughts and emotions are noticed as they arise, creating space to respond rather than react.

Curious

Experience is met with curiosity instead of judgment, allowing new understanding to emerge.

Instinctive

Decisions feel simpler and more direct, without overthinking or second-guessing.

Compassionate

There's a natural kindness toward yourself and others, especially around difficult or uncomfortable experiences.

Still & Calm

Even when emotions are active, there's often an underlying sense of steadiness and ease.

Simple Mindfulness

Personal Exercises

Draw awareness to your **hands**.

Take a moment to **mentally (not physically) feel** each finger.

Notice and **name any sensations** you feel.

Your hands are void of human thought yet **full of life**.

That aliveness is part of the "being" aspect of well being.

Being simply means **noticing** what's happening, as it's happening, without trying to change it.

It is the practice of untethering our **True Self** from our burdened, wounded, and overthinking parts.

Hand Tracking Exercise



Box Breathing Exercise



Step 1: Breathe in through your nose as you slowly count to 4

Feel the air enter your lungs

Step 2: Hold your breath 4 counts

Try to relax; feel the stillness; avoid constriction

Step 3: Slowly exhale through your mouth 4 counts

Sometimes an audible sigh can be helpful

Step 4: Hold your breath 4 counts

Repeat steps 1-4 for 6 breaths.

Notice how you feel.

Simple Mindfulness

Writing Exercise

Release Writing: The True Self is the Best Space Holder

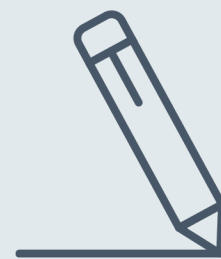
A helpful way for the unvoiced parts of ourself to integrate is for them to be validated and witnessed by our **True Self**. Release writing is one practice that cultivates a relationship of trust between our wounded parts and the **True Self**.

Trust yourself: only go as far as you can while also feeling safe and grounded as you walk yourself through. You can choose to stop the writing practice and safely come back to your surface reality at any time. If you begin to tap into deeper emotions that feel overwhelming, gently bring yourself back to your breath and the present moment.

For deeply wounded or traumatized emotions, first consult with a therapist, coach, or other trusted professional practitioner before engaging in any exercise that might bring up these emotions.

general tips before you start:

- Give yourself permission to free flow write; allow anything that comes up to flow to the page
- Do not edit, analyze, or judge your writings
- Offer compassion, curiosity, and gratitude for the parts of you that share
- Without re-reading your writings, tear up the page(s) and toss them in the recycle bin, bury, or burn responsibly to release



you'll need:

paper

writing utensil

timer

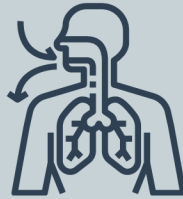
open mind

Finding Mindfulness

Writing Exercises

release writing instructions:

Take **three** slow,
cleansing **breaths**



In through the **nose**;
Out through the **mouth**

Notice thoughts, emotions, or
sensations that arise while you
breathe



Can you name them?
(e.g., fear, tight chest, anger, etc.)

Isolate one thought, emotion,
or sensation
(kindly ask the others to
step back)

Find inner curiosity

Even unpleasant thoughts, emotions,
and sensations have something
important to teach us



Give that emotion a written voice

Grab your pen and notebook and
write for 15 min -or- until you feel
complete with your release

prompts for writer's block:

If it is helpful, use sentence stems to begin the writing practice:

I feel _____ because _____.

If my _____ could speak, it would say _____.

Emotions, thoughts, & feelings are **PART of you**, not **ALL of you**.

Thank You



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Share your thoughts!

Our team works hard to build supportive, practical, and inclusive content. However, we are human, and we are still learning. If you have feedback or suggestions to share, they are welcome!

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