

Engage Your #SuccessEnergy: Assessing Autopilot

If you're ready to go after meaningful, exciting goals, you must first get present to the routines and habits that may no longer be serving you. You must find that switch and shut off autopilot, even for a short while. You can't clarify and set truly meaningful goals if you're not fully present to what's in front of you right now. This first step—to shut off autopilot—will help you free up the energy and mental bandwidth that will be critical for what comes next. So, if you're ready to do the freakin' work, grab a pen or pencil and let's get started.



Consider the degree to which you can relate to the following autopilot indicators by rating yourself on a scale of one to five, with one being very true of me and five being not at all true of me.

Circle your response.

	Very true of me		Neither true or untrue		Not at all true of me
My daily routine is predictable.	1	2	3	4	5
I do not look forward to the day ahead.	1	2	3	4	5
I start my day by checking my device.	1	2	3	4	5
I cannot leave my device alone.	1	2	3	4	5
I am stuck in my head.	1	2	3	4	5
I do things without thinking	1	2	3	4	5
I am not good at delegating.	1	2	3	4	5
I say yes without pause.	1	2	3	4	5
My success-path feels stalled.	1	2	3	4	5
I procrastinate the good stuff.	1	2	3	4	5
I do not have time or energy for fun/hobbies.	1	2	3	4	5
I do not know what is important to me.	1	2	3	4	5
I have not tried something new for a while.	1	2	3	4	5
I often run late.	1	2	3	4	5
I often feel time-crunched.	1	2	3	4	5
I feel stuck.	1	2	3	4	5



If you find yourself staring down multiple one and two responses, and you don't have the first clue how you got there, you flew in on autopilot. Take a closer look at each indicator and consider how often you find yourself in that space. All day, every day? Once or twice a day? Several times a week? How much is autopilot controlling your actions? Note that you don't have to be a full-time flyer to feel the negative effects of tuned-out living. You might see evidence of the signs only once or twice a day, but still they can hijack your mindfulness.

Additionally, you may have scored low on only a few indicators but the discomfort you feel because of them is weighing you down. If your success-path feels stalled, for instance, that truth can hang over you all day, every day, and it will affect your energy, mindset, and discipline. Let's dig a little deeper:

Which indicators trigger discomfort?

What emotions do you feel as you acknowledge that?



What feels heavy about each of the autopilot indicators that trigger you?

Which autopilot signs feel most urgent for you to address?

Which autopilot indicators can you change with simple awareness?

Do you see how answering these questions might help you start naturally shifting off autopilot, even for brief moments? The path to awareness takes practice, especially if you've been tuned out for a while. Be patient with yourself, and trust that with daily practice you can regain control of the flight.

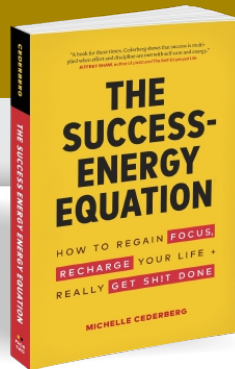




Michelle Cederberg is a Certified Speaking Professional who captivates audiences across North America with her empowering and humorous messages about how to set worthwhile goals and get energized for success—in business and in life. An in-demand speaker, author, coach, and consultant, she believes that personal and professional success are directly influenced by how well we harness the physical, mental, and emotional capacity we each have within us. She holds a master's in kinesiology, a BA in psychology, and a specialization in health and exercise psychology. She is a Certified Exercise Physiologist, a Certified Professional Co-Active Life Coach, and an ORSC-Trained Team Coach. She truly combines mind, body, and practicality to inspire change. In addition to *The Success-Energy Equation*, she is the author of *Energy Now! Small Steps to an Energetic Life*.

To book Michelle to speak for your organization or event (in person or virtually), or to learn more about one-on-one coaching or her online Success-Energy Program, connect with her via michellecederberg.com.

You can also find Michelle on all of these social media channels sharing ideas and information to live a happier, healthier, success-driven life.



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