

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Class: \_\_\_\_\_

## AUTOPILOT VS. AWARENESS

### READING

*“Very often, human beings are like on autopilot, reacting automatically with what happens. What interests me about the life of an explorer is you are in the unknown; you are out of your habits.”*

- Bertrand Piccard

This quote shows the difference between a life on autopilot and one that's not: life without autopilot is much more interesting.

Getting off of autopilot can do a lot for you - not just a de-stressor. It allows you to see everything with a beginner's mind, and notice things that you normally would take for granted. Every bend in the road is exciting.

Normally, would you notice that bird singing over in the tree nearby? Or the actual texture - and maybe even *sound* - of the apple you eat? Mindful eating can help with that.

This is what mindfulness can do for you: it can get you off of autopilot and allow you to experience life to its fullest - as well as lowering your overall stress levels. And getting off of autopilot helps your mindfulness, too. It's a cycle - and a good one, at that.

