

Are You Living on Autopilot?

A brutally honest self-assessment

Answer these questions.

See the pattern.

Decide what to do about it.

Stop waiting. Start living.

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The Autopilot Quiz

Instructions: For each statement, mark YES if it's true most of the time, NO if it's not. Be honest. No one's watching.

1. You wake up and reach for your phone before getting out of bed

2. You can't remember what you did last Tuesday (or last week)

3. You say "I'm fine" even when you're not

4. You scroll social media without remembering why you opened the app

5. You eat whilst watching TV or scrolling your phone

6. You say "I'll start Monday" more than once a month

7. You feel busier than ever but can't name what you accomplished

8. You avoid difficult conversations by staying silent

9. You do things because "that's what everyone does" not because you want to

10. You plan to change your life "when you have more time"

Your Results

Count how many times you said YES. Then read your result below.

0-3 YES: Mostly Awake

You're conscious of your choices most of the time. But those few autopilot patterns? They're still running in the background. Address them before they spread.

4-6 YES: Drifting

You're aware something's off, but you haven't fully admitted it yet. Half your life is on autopilot. You're going through the motions more than you're living. Time to wake up.

7-10 YES: Completely Asleep

You're not living. You're existing. Every day blurs into the next. You're numb, distracted, disconnected. And deep down, you know it.

This is your alarm clock. Don't hit snooze.

**The score doesn't matter.
What matters is what you do next.**

Now What?

You took the quiz. You saw the pattern. Now you have to choose.

Most people will close this PDF and go right back to autopilot. They'll tell themselves they'll change "later". That never comes.

Don't be most people.

Awareness without action is just entertainment.

Break the Pattern

The **7-Day Breakthrough Challenge** is designed to snap you out of autopilot.

7 days. One action per day. Real change, not theory.

[Sign up free at hanker.life](#)

Get the Full Framework

The **W.A.K.E. Method Workbook** includes the complete system to wake up and stay awake.

[Purchase at hanker.life](#)

Stop waiting. Start living.