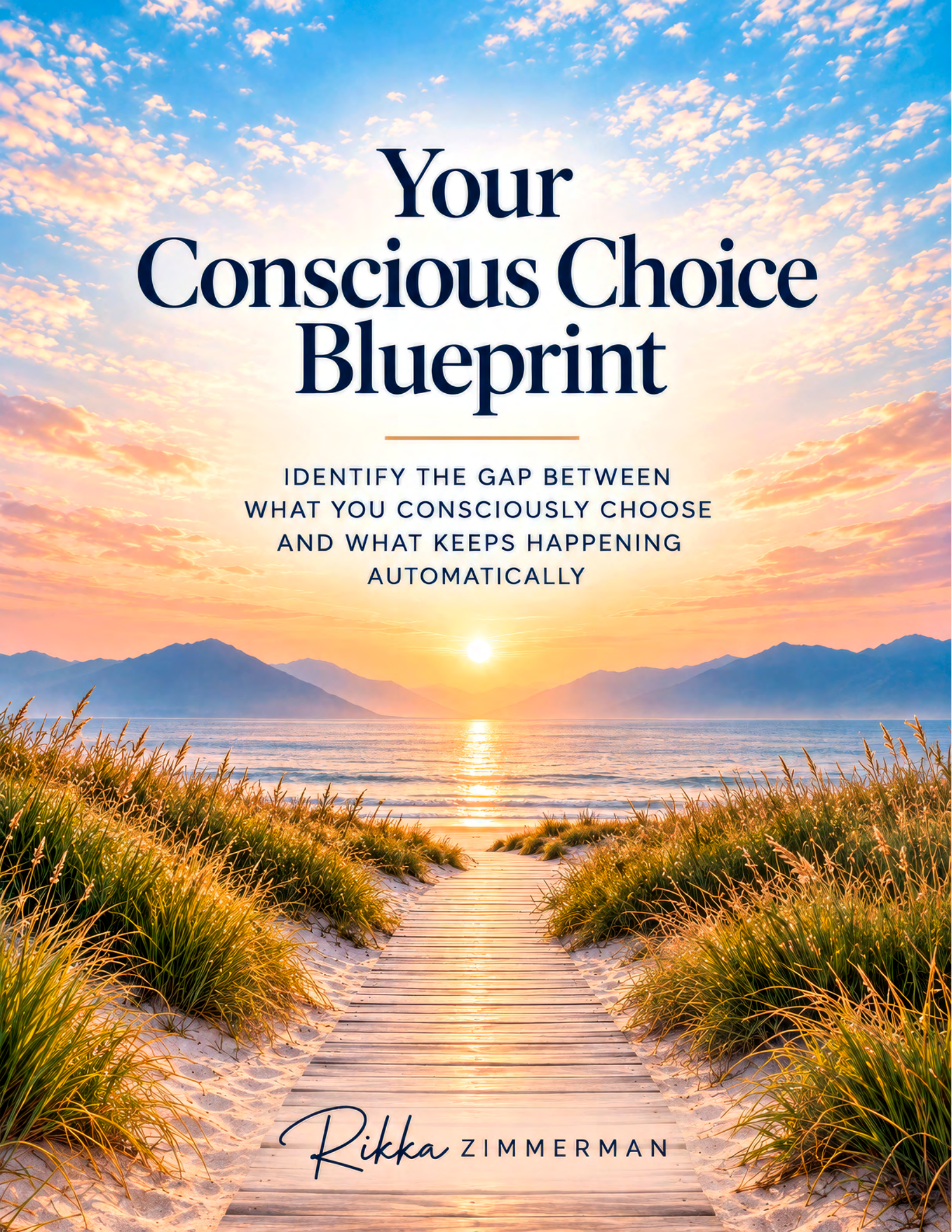




Your Conscious Choice Blueprint

IDENTIFY THE GAP BETWEEN
WHAT YOU CONSCIOUSLY CHOOSE
AND WHAT KEEPS HAPPENING
AUTOMATICALLY

Rikka ZIMMERMAN

How Much of Your Life Are You Consciously Choosing?

A quick self-assessment to reveal
where automatic programming may
still be shaping your reactions,
relationships and reality.

Table of Contents

You Can Be Incredibly Self -Aware and Still Run On Autopilot	5 -6
Where Are You Running On Autopilot?	7 -8
Your Autopilot Snapshot	9
Now Look at Your Three Answers	10 -11
Put It All Together	12
Now You Know Where to Begin	13
The Autopilot Effect	14

Your Conscious Choice Blueprint

Identify the Gap Between What You Want and What Keeps it From Manifesting

You Can Be Incredibly Self –Aware and Still Run on Autopilot

You may understand your childhood, know your triggers, and have done years of personal and spiritual work.

You may have worked with your beliefs, healed relationships, meditated, connected with Source, and become deeply aware of your patterns

And still...

Someone says one thing and you react before you know what happened.

An opportunity appears and suddenly you pull back.

Something feels uncertain and fear takes over.

You know what you want to do differently, but somehow the same experience keeps showing up.

That doesn't mean you haven't done enough work on yourself.

It may simply mean that **some of the patterns shaping your experience are happening automatically—before your conscious mind ever has a chance to choose. And that's what makes them so difficult to see.**

You can be highly self-aware and still not recognize the beliefs, judgments, fears, protective responses, and ego programming that are operating beneath the surface.

In fact, *the more automatic something is, the less likely you are to notice it as a pattern*. It can simply feel like you — your reaction, your personality, your circumstances, or “just the way things are.”

You may know exactly what you consciously want, while something beneath your awareness is automatically creating a different response.

This assessment is designed to help you see what you may not be able to see on your own.

By answering these questions, you'll begin bringing some of the unconscious or subconscious patterns that may be influencing your choices, reactions, and experiences *into conscious awareness*.

Because you can't consciously choose something differently until you can first *see what is happening automatically*.

And awareness is the first step toward having a choice where, before, there may have only been a reaction.

This quick workbook is designed to help you notice where that may still be happening in your life.

There is no right score, and nothing here is meant to tell you what is “wrong” with you.

Just be curious.

Your Conscious Choice Blueprint

Identify the Gap Between What You Want
and What Keeps it From Manifesting

Where are You Running on Autopilot?

Rate each statement:

Never | Rarely | Sometimes | Often | Almost Always

- 1** I have an awareness of why I'm reacting a certain way and still find myself having the reaction before I can stop it.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

- 2** I find myself experiencing versions of the same conflict, disappointment or relationship dynamic again and again.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

- 3** I consciously want to be more visible, expressive or fully myself, but when the opportunity comes, I sometimes pull back.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

- 4** When something unexpected happens, I can quickly move into fear, worry, control or preparing for what might go wrong.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

- 5** I sometimes need another person or situation to change before I feel like I can relax, feel safe or be happy.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

Your Conscious Choice Blueprint

Identify the Gap Between What You Want
and What Keeps it From Manifesting

- 6** I know I am worthy, lovable or enough, but certain situations can make me lose touch with that very quickly.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

- 7** I consciously desire more abundance or possibility, but I still sometimes contract, worry or make decisions from scarcity.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

- 8** I hear myself making “I am” statements that reinforce a familiar story about who I am or what is possible for me.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

The words following “I am” can become a powerful form of identification with beliefs and stories.

- 9** I can recognize that I am judging myself, another person or a situation and still find myself caught inside the judgment..

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

- 10** When a strong thought or feeling appears, it can temporarily feel like the truth rather than something I am simply aware of.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

When you can notice a thought or feeling without identifying with it, you create more space for conscious choice.

- 11** There are places in my life where I know what I want to do differently, but I still find myself doing the familiar thing.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

Your Conscious Choice Blueprint

Identify the Gap Between What You Want
and What Keeps it From Manifesting

- 12** I sometimes overgive, overexplain, prove, please or try to earn love, approval or belonging.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

- 13** I can feel myself withdrawing, shutting down or disconnecting when I feel hurt, criticized or misunderstood.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

- 14** I sometimes settle for what feels safe even when another part of me knows more is possible.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

- 15** I have spiritual or transformational tools that help me tremendously in some situations, yet seem to make very little difference in others.

☐ Never

☐ Rarely

☐ Sometimes

☐ Often

☐ Almost Always

Not every pattern comes from the same level of consciousness, which means the same transformational tool won't necessarily work for every experience.

Your Conscious Choice Blueprint

Identify the Gap Between What You Want
and What Keeps it From Manifesting

Your Autopilot Snapshot

This isn't about adding up your answers or giving yourself a score.

Instead, go back through the statements you marked **Often** or **Almost Always** and look at them through three lenses.

FREQUENCY

- Which pattern shows up most often?

What do you find yourself thinking, feeling, doing or reacting to again and again?

IMPACT

- Which pattern has the greatest effect on your life?

Think about your relationships, work, money, peace, freedom, happiness or ability to receive what you desire.

CHARGE

- Which pattern still has the strongest emotional or energetic pull?

Which one can pull you in quickly, even when another part of you knows better?

Your Conscious Choice Blueprint

Identify the Gap Between What You Want
and What Keeps it From Manifesting

Now Look at Your Three Answers

Did the same pattern appear more than once?

If it did, pay attention. That may be a place where automatic programming is having a particularly strong impact in your life. **If you identified different patterns, ask yourself:**

Which one would create the greatest shift in my life if it stopped running automatically?

Choose one. It doesn't have to be your biggest issue, just pick the one that feels most alive for you right now.

CHOOSE THE AREA YOU'RE WORKING WITH

Which pattern has the greatest effect on your life?

☐ Money / Abundance / Receiving

☐ Love / Relationships

☐ Visibility / Purpose / Self-Expression

☐ Peace / Emotional Freedom

☐ Something else. _____

YOUR CONSCIOUS CHOICE GAP

Now let's make the contrast between what you consciously choose and what happens automatically really clear.

What do you consciously choose?

If you could choose freely from Source's Infinite Menu, what would you like to experience in this area of your life?

I consciously choose:

WHAT TENDS TO HAPPEN AUTOMATICALLY INSTEAD?

When you move toward that choice, what thoughts, feelings, reactions or behaviors tend to show up automatically?

IF YOU HAD TO GIVE THAT AUTOMATIC PROGRAM A NAME, WHAT WOULD YOU CALL IT?

Keep it simple. It might sound like:

- | | |
|---|--|
| ☐ I'm not safe. | ☐ I'll be rejected. |
| ☐ I'm not good enough. | ☐ I have to control this. |
| ☐ I can't trust people. | ☐ It's safer not to be seen. |
| ☐ I'll lose something if I have what I want. | ☐ Things don't often work out for me. |

The automatic program I notice is:

Your Conscious Choice Blueprint

Identify the Gap Between What You Want
and What Keeps it From Manifesting

Put It All Together

FINISH THIS SENTENCE:

I consciously choose _____

but when I move toward that, _____

_____ tends to happen automatically.

Take a moment and read what you wrote.

That gap between **what you consciously choose** and **what happens automatically** is exactly where the deeper work begins.

WANT TO SHARE YOUR BLUEPRINT WITH RIKKA?

If you'd like Rikka to see the pattern you identified, simply copy and paste your completed sentence above and email it to her using the link below.

Rikka will be hosting a **free 4-Day Challenge on October 7–10**, and she'll use the patterns you submit to help shape the teaching. She'll be looking for the themes that show up again and again, and speaking directly to those during the Challenge. So if you share yours, be sure to join us. You may hear Rikka address the exact kind of pattern you're working with.

Your response will remain anonymous.

Email my pattern to Rikka at info@AdventureInOneness.com

Your Conscious Choice Blueprint

Identify the Gap Between What You Want
and What Keeps it From Manifesting

Now You Know Where to Begin

You've identified what you consciously choose and what tends to happen automatically when you move toward it.

That gap is important, because an automatic thought, feeling or reaction is not the same thing as your conscious choice.

The next step is to understand **why that pattern keeps running**, what may be underneath it, and how to begin releasing the old programming so you have more freedom to choose something different.

That is exactly what Rikka will guide you through in her free 4-Day Challenge.

Be sure to join us live if you can. Rikka will be using the themes that come through from the group to shape parts of the teaching, so you may hear her speak directly to the kinds of patterns you're working with.

The Autopilot Effect

**A 4-Day Challenge to Break the Hidden Patterns
Running Beneath Your Conscious Awareness**

OCTOBER 7-10, 2026

On Day 1, you'll begin with the pattern you identified here and learn how to recognize:

Did I consciously choose this, or did it happen automatically?

From there, we'll go deeper into what may be keeping that program in place,
what it may be trying to protect you from, and how to begin transforming the
energy underneath it.

By the end of the challenge, you'll have a clearer understanding of how to interrupt
the automatic programming and move forward from conscious choice.

GO TO
www.GiftFromRikka.com
TO PARTICIPATE FOR FREE!

Because if you think you are consciously choosing one thing and something else keeps
happening automatically, there may be more going on underneath the surface.