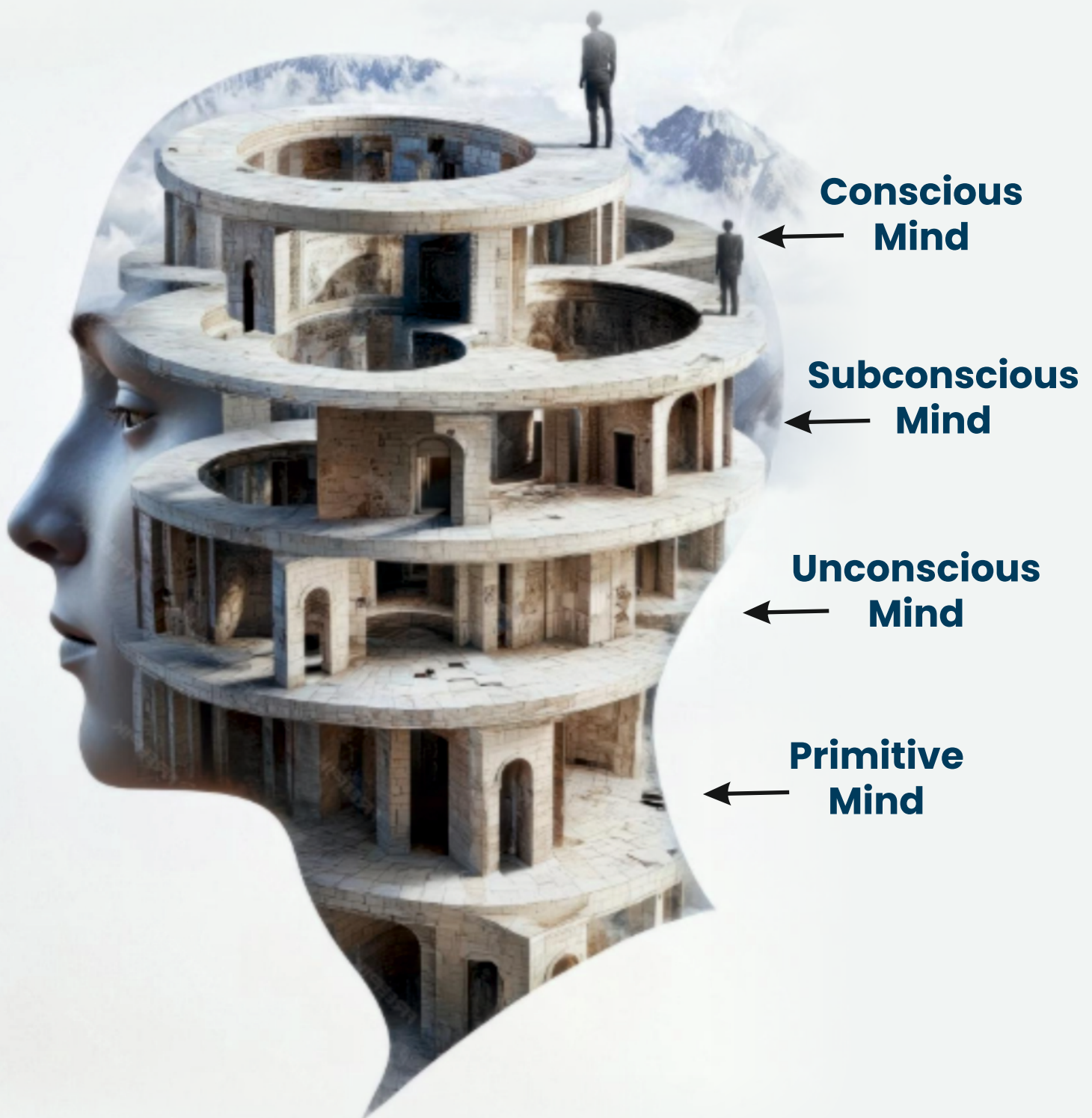


# MIND'S ARCHITECTURE

## WORKSHEET



**Conscious  
Mind**

**Subconscious  
Mind**

**Unconscious  
Mind**

**Primitive  
Mind**

# The **3** Layers of Your Mind



Mind Layers	Function	What It Controls	Example in Action
<b>Conscious</b> The Pilot	The rational, thinking, decision-making part of you that sets goals & makes plans.	Logic, willpower, focus, short-term memory.	You tell yourself: "I'll eat healthy starting tomorrow."
<b>Subconscious</b> The Autopilot	The emotional and memory-based autopilot system responsible for programs & habits.	Habits, beliefs, emotional reactions.	You find yourself reaching for chips when stressed — even though you "decided" not to.
<b>Unconscious</b> The Programmer  <b>Primitive</b>	The deep primal mind that governs instincts & inherited programs from childhood & ancestors.  Past life memories	Survival responses, trauma imprints, ancestral conditioning.  Past life resonances	Deep down, your nervous system associates comfort food with safety because as a child, food was how love or calm was expressed — so the body reacts before the mind even chooses.

## Exercise 1: Use your journal to start diving through the layers

### 1. Conscious Mind:

List 3 recurring thoughts or self-statements you are aware of daily.  
(e.g., "I have to be perfect," "I'm not ready yet," "People like me always struggle.")

### 2. Subconscious Influence:

Ask yourself, "Where did I learn these?" or "What emotions fuel these thoughts?"

### 3. Emotional Signature:

Where do you feel each thought in your body (chest, gut, throat)?  
Note the sensations. (P.S. we will revisit the sensations in later modules.)

### 4. Rewrite the Code:

Create a new belief or affirmation for each that represents your conscious choice.  
(e.g., "I am learning & growing every day," "It's safe to be seen & succeed.")

## Exercise 2:

### *"Who's Driving Right Now?"*

Imagine your life is a car.  
You are always in it —  
but you're not always driving.



### **Step 1 : Label the Drivers**

Match each "driver" to a recent moment in your life:

- **Conscious Mind: (The Driver)**  
What decision did you intentionally make recently?  
Example: "I decided to wake up early."
- **Subconscious Mind: (The Autopilot)**  
What habit or reaction happened automatically?  
Example: "I hit snooze anyway."
- **Unconscious Mind: (The Emergency Brake)**  
What fear or emotional memory quietly overrode your intention?  
Example: "Mornings feel stressful — I associate them with pressure."



### **Step 2 : Gentle Awareness Prompt**

“In that moment, who was really driving & who do I want driving more often?”

- ✔ **Why you will love this:**  
No digging into trauma. Just observation.



### Your System Check

- ✔ Which "apps" (habits) are slowing your system down?
- ✔ What upgrade are you ready to install next?
- ✔ Which emotions seem to drive your decision-making the most?
- ✔ What does reclaiming authorship of your thoughts mean to you?

# Exercise 3:

## "The 24-Hour Mind Scan"

### How it works:

It anchors inner work to real life, not theory.

### Instructions:

Think back over the last 24 hours.

Choose one moment where you

*Reacted* instead of *Responded*.



### Then complete:

Moment ← -----

Thought ← -----

Emotion ← -----

Reaction ← -----

Which Mind Was Active? ← --

### For Example

-----> Someone cancelled

-----> "I'm not important"

-----> Hurt

-----> Withdrawal

-----> Subconscious

### Reflection prompt:

“What I thought was 'me'... was actually a program.”

### Write a short paragraph:

“When do I feel most “reactive”?”



## Exercise 4:

### “Factory Settings Check”

#### How it works:

Checklists reduce emotional resistance to self-work.

Every human comes with **“factory-installed”** settings. Some are useful. Some are outdated.

#### Circle what feels familiar

- I overthink before acting
- I struggle to rest without guilt
- I say yes when I want to say no
- I fear disappointing others
- I delay starting things I care about
- I feel responsible for others' emotions

#### Reflection

“Which of these feel like they were installed early, & not chosen consciously?”

#### Action

- List 3 familiar programs
- Write out your new belief for each

