**Auto Pilot Mode**

*Auto pilot mode working not only on machines, on humans as well*

We all get up in the morning brush teeth, take showers, having breakfast. These are good habits which we need not think consciously to repeat. But the problem is when bad habits and behaviors become automatic. For example, if you made a habit of waking up each day in a bad mood and thinking negative thoughts, this could have a negative impact on the rest of your day

A growing body of research suggests that as little as 5 percent of our behaviors are made consciously. This means that as much as 95 percent of what we do occurs in autopilot mode- meaning that most skills and behaviors you learn eventually becomes automatic habits

Whenever we learn any new skill, it passes through the four stages

1. Unconscious Incompetency- You do not know about the skill
2. Conscious Incompetency- You know but you do not have skills
3. Conscious Competency- You know and have skills
4. Unconscious Competency-

An example considers learning toastmasters’ skills

***First Stage***: You are on first stage because you had no clues about the toastmaster program.

***Second Stage***: You are in second stage, because you have joined the toastmaster program and not developed any speaking and leadership skills

***Third Stage:*** You are in third stage because you are delivering the project speeches and performing leadership roles. This is very highly critical stage. If you are working on this stage continuously then only you will be able to move to the fourth stage.

***Fourth Stage:*** This is the last stage, where your actions are automatic. How you know that you are in the stage 4; Probably you are in any outside gathering and things are not going smooth, you will voluntarily take the charge and set it right. This is the indication that you have reached the stage 4.

Learn new skills with incremental improvement and sustained progress will lead you to humongous possibilities in your life.

Wish you all a very happy toastmaster year 2017-18.

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