

THE EXIT IS INSIDE

**The hardest place to look
is the only one that truly matters.**

Tanya Gregory, PhD

1. LIFE ON AUTOPILOT

The alarm rings.

I try to open my eyes.

I'm exhausted. My brain starts to wake up.

What day is it? Wednesday.

I have to get up, make breakfast, wake the kids, take them to school/daycare, and get to work.

I shuffle to the bathroom and look in the mirror. A stranger stares back at me. The traces of life are starting to show on my face; no time to dwell on it. I rush through my morning routine and apply makeup with practiced moves, achieving an instant facelift (I have no idea how long this will last).

I wake the kids and make them breakfast. After eating, dressing, and a whole lot of shouting and rushing, we're finally in the car: my husband, the kids, and I. Of course, we hit morning traffic.

He grumbles that we're late again. I snap back, *"It's easy for you; you only have to get yourself ready"*. Tension rises. We've already argued, and it's not even 8 a.m. We drop the kids off at school/daycare.

My two colleagues are already settled at their desks. One checks the time, the other raises an eyebrow. They don't say a word, but I can feel the judgment loud and clear. My blood pressure spikes as they exchange knowing glances... Easy for them to exchange glances; they live alone and have the whole morning to themselves.

"Morning," I mumble nervously.

No need to go into details, but let's just say the day was rough.

My boss drove me crazy by assigning me extra tasks, and I was late picking up the kids again. I had to bring some work home to finish.

Late afternoon. I'm making lunch. The kids are playing in their room. My husband stays late at work. After we eat, I drive the kids to their activities.

Evening is homework, dinner, and the usual struggle to get them to bed.

When the house finally quiets, I sit to catch up on work.

I'm done. It's midnight.

Once again, I missed Pilates. I honestly can't remember the last time I attended. Of course, I'm still paying the membership fee, even though cash is always tight.

I didn't call my mum.

She'll be upset. Or maybe just quietly disappointed that her only daughter hasn't called in two days.

I'll call her tomorrow.

And so it goes. Day after day.

If you think adventure is dangerous, try routine; it is lethal. (P. Coelho)

Does this story sound familiar?

Something similar is probably happening in your life too, just with different characters and a different setting.

Life on autopilot? Do you go to work every day just to cover the bills?

And every day you promise yourself you'll finally take action, start working out, quit smoking, eat healthier...

Just after you take care of a few more things.

And so, while you're busy planning your life, it's already happening, flowing right past you, and time, once lost, never comes back.

You're not living life; **life is living you.**

Beware the barrenness of a busy life. (Socrates)

The wake-up call will come.

Sooner or later.



Reflect, write, and grow — your workbook is waiting to guide you through exercises and affirmations that will bring your insights to life.

This book is not just another story about change. This book is a mirror.

A return to yourself, to what was taken from you, what you forgot, and what you were taught to hide.

Within these pages lies what you've been searching for: honesty with yourself, the strength to tear down the walls you built, and the path to a life free from the weight of other people's expectations.

If you're ready to stop running in circles, to stop conforming, and to start living in a way that truly serves you, this is your beginning.

Because the way out of your inner battles isn't somewhere out there, the way out is within if you dare to look.

***The way out is in you. It's inside.
And this book will help you find it.***

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WORKBOOK

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1. LIFE ON AUTOPILOT

Reflective Questions

1. Which parts of my daily life run on “autopilot” without conscious attention?
2. How do I feel when I’m just “going through the motions” instead of actively living?
3. What promises do I often make to myself but never keep? Why?

Practical Exercises

1. Track one day of your routine, paying close attention to moments when you are truly present. What situations are those, and how do you feel?
2. Choose one small habit or part of your morning routine that you can change starting tomorrow — for example, avoiding your phone for the first 15 minutes or practicing ten minutes of mindful breathing.
3. Write a short journal entry or note about what you would like to change in your life and what the first step toward that change could be.

Affirmations

Read them aloud or silently every morning or before bed:

- **I choose to live consciously.**
- **Every day brings new opportunities for joy and change.**
- **Time is my ally when I use it with intention.**
- **Small changes lead to big results in my life.**
- **I give myself permission to pause and breathe.**
- **I am fully present in my life, in this very moment.**

**This is where awareness becomes
transformation.**

**The Exit is Inside Workbook is your guided
space to slow down, look within, and
reconnect with the truth of who you are.**

**Through powerful questions, reflective
exercises, and affirmations, you'll release
what no longer serves you and rediscover the
strength that was always yours.**

**Each page is an invitation to grow, to heal, and
to live with intention.**

*The way out is within — and your journey
begins here.*



Thank You!

Thank you for taking the time to explore *The Exit is Inside* and its
Workbook.

I'm grateful that you've chosen to pause — to look within, even for a
moment.

These pages are an invitation, not to escape the world, but to meet
yourself more fully in it.

If what you've read stirred something quite yet real,
I invite you to continue the journey.

The rest of the book and workbook go deeper — guiding you
through reflection, awareness, and the gentle return to yourself.

The way out... is still in.

Tanya

