

MODULE TWO

Mind Modes



REFLECTING ON MINDSET MODES

There are two mindset modes namely 'Being' and 'Doing'. Being conscious of your predominant mindset mode helps you take control of the direction of your life. To steer your life in the direction of your purpose, you have to be in the 'Being' mode.

Reflecting on mindset mode will help you become aware of what mode you are operating in and make necessary adjustments towards your purpose.

On a scale of 1 to 5, how important are the following to you. (1 = lowest and 5 = highest). Be sincere! There are no right or wrong answers.

Doing Mode

Building a reputation	■
Earning achievements	■
Being routinely engaged in tasks or activities	■
Being in a position of authority	■
Establishing influential connections	■
Total	■

Being Mode

Building character	■
Upholding virtues (courage, charity, fairness)	■
Reflecting on your values, thoughts actions	■
Mastering your thoughts, emotions, actions	■
Building meaningful relationships	■
Total	■

Which mind mode earned more points?

In areas where your 'being' mode ranked low, what actions will you take to be more mindful.
