

Being Mode vs Doing Mode

Being Mode

- Being Mode is when you're **happy to simply exist.**
- Being Mode is all about **recreational activities or just doing nothing**
- Examples include drinking coffee with a friend, reading books, playing tennis, watching the sunset, or just laying in bed all day.
- It's important to remember to take evenings and weekends off, and schedule periodic vacations for **longer periods of rest.**



Doing Mode

- Doing Mode is about **productivity and accomplishment.**
- Across much of the world, this is the **more societally acceptable mode** to exist in.
- When you're in Doing Mode, simply being feels like a waste of time.
- When spend too much time in Doing Mode is that **we start to risk burnout** (and might get less done)
- Balancing Doing Mode vs Being Mode is an art; **both are necessary.**

