

**CHAPTER 39 DRAFT BLUEPRINT:  
PRACTICE MODES**

**Explore the five critical nuanced elements of MODES with questions for reflection and action.**



**MINDFULNESS** – with Gratefulness

Gratefulness involves a sense of humility and the understanding that one’s well-being is often influenced by external factors, leading to a desire to express thanks for those factors.

*Reflection:* How can you cultivate a deeper sense of gratefulness in your daily life? Think about mindfulness as not just being present but also expressing gratitude.

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*Action:* Start a gratitude journal, where you not only note what you’re grateful for but also how those things or moments make you feel.



**OUTDOORS** – and Open Doors

Opening doors symbolizes helping others achieve their goals, overcome obstacles, or access new possibilities. It can be about being a facilitator or a mentor, guiding someone toward success or personal growth.

*Reflection:* How often do you open doors for others? Think about what you do to remove obstacles and help others.

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*Action:* Help someone by providing opportunities, assistance, or support to progress in their life, career, or personal development.



**DIET** – for Mind and Soul

Feeding the soul refers to nourishing and nurturing one’s inner self or spirit with activities and practices that promote emotional, mental, and spiritual well-being.

**Reflection:** How can you deepen your connection with your inner self? Think about activities you can engage in to specifically connect with an inner sense of well-being.

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**Action:** Commit to at least one activity: Practice meditation to help you stay present, reduce stress, and find inner peace. Or engage in activities you’re passionate about to bring joy and fulfillment to your life. Nurturing meaningful connections and relationships with loved ones can also be soul-nourishing. Expanding your knowledge and gaining new insights through reading and learning can be spiritually enriching. For some, engaging in religious or spiritual practices can be a way to feed the soul.



**EXERCISE** – Ordinary Privilege

Using your privilege to help others is about using the everyday advantages and opportunities you have in life to assist those who may not have the same advantages such as access to education, economic stability, or social connections.

**Reflection:** What are all the "pockets of privilege" you have that come with a particular social or economic status, identity, or position? Think about the unearned advantages that you may have based on factors such as race, gender, class, or other characteristics.

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**Action:** Take a step to contribute to the well-being and advancement of others, whether through acts of mentorship, advocacy, or community involvement to make a positive difference in the lives of those who may not have the advantages you have.



### **SLEEP** – and Awakenings

Awakenings are profound and transformative shifts in one's consciousness, understanding, or awareness when someone sees things in a new light, often leading to personal growth, a change in perspective, or an increased sense of purpose.

**Reflection:** How open do you think you are to changing your perspective through moments of realization, insight, or enlightenment?

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**Action:** Commit to self-exploration, openness, and a willingness to challenge specific, preconceived notions by actively seeking out new knowledge and perspectives through reading, learning, and engaging with diverse sources of information.

As you deepen your understanding of MODES, it is perhaps important to reflect on the interconnectedness of these nuanced aspects and how they contribute to well-being. Specifically, to consider how each element can help to navigate challenges and grief more effectively.

Specific goals can be set for embracing the nuanced aspects of each of the MODES. This might involve deeper self-awareness, self-compassion, and personal growth.

Continually adapting approaches is advisable for getting the most out of each mode, both individually and as part of a holistic well-being strategy.