

Worksheet: Reflecting on Doing vs Being

This worksheet is for personal reflection and can be used to deepen understanding and apply the concepts to a coach's own life and practice.

Part 1: Self-Awareness

1. Describe a recent moment when you were completely in "doing" mode. What were you focused on? What did that feel like in your body and mind?
2. Now, describe a recent moment when you were completely in "being" mode. What was happening? How did that feel different?
3. How does your "doing" mode serve you as a coach? What are its strengths?
4. How might your "doing" mode hinder you as a coach, particularly in moments of deep listening or empathy?

Part 2: Application in Practice

1. Think of a client you are currently working with. In what ways do you observe them being stuck in a "doing" mindset?

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2. How might you gently introduce the concept of "being" to this client to help them achieve a breakthrough?

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3. Write down one small, intentional action you will take this week to practice shifting from "doing" to "being" in your own life.

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Quiz: The Science of "Doing vs. Being"

This short quiz is designed to test recall of the science-backed information presented in the content.

1. The goal-oriented, mind-wandering state is most associated with which brain network?

a. The Task-Positive Network (TPN)	
b. The Default Mode Network (DMN)	
c. The Limbic System	
d. The Cerebellum	

2. An overactive Default Mode Network (DMN) is often linked to:

a. Enhanced focus and concentration	
b. Reduced stress	
c. Self-critical rumination and anxiety	
d. Increased empathy	

3. The practice of mindfulness primarily helps to:

a. Increase the activity of the DMN	
b. Quiet the DMN and strengthen the TPN	
c. Eliminate all thoughts from the mind	
d. Make the brain work faster	

4. In the "being" mode, the mind is focused on:

a. Planning for the future	
b. Analysing past mistakes	
c. Non-judgmental, present-moment awareness	
d. Solving a specific problem	

More on "Doing vs. Being": Tips & Insights

Here are some additional tips and interesting facts to add more depth to your content on "doing vs. being." These are perfect for social media posts, a supplementary newsletter, or for use in your client sessions.

Tips for Moving from "Doing" to "Being"

- **The "Beginner's Mind" Perspective:** Approach your coaching sessions as if it's the first time you've ever met this. These are small, actionable steps that coaches can integrate into their daily lives and professional practice.
- **The 3-Breath Pause:** Before answering a client's question or providing feedback, take a subtle pause. Close your eyes for a moment, take three conscious breaths, and simply "be" with the silence. This brief moment of stillness can ground you and allow you to respond from a place of intuition rather than reaction.
- **Listen for the Unsaid:** In your coaching sessions, deliberately shift your focus from "What am I going to say next?" to "What is the energy of this moment?" Pay attention to the client's tone of voice, body language, and the spaces between their words. Often, the most powerful insights come from this open, non-doing awareness.
- **Start Your Day with "Being":** Before checking your phone or to-do list, take 5 minutes to simply sit with a cup of coffee or tea. Notice the warmth of the mug, the aroma, and the silence. Resist the urge to plan your day. This small act of "being" can set a calmer tone for the hours ahead.

Let go of preconceived notions, past session notes, or a mental "plan" for the session. This "beginner's mind" is the purest form of "being," as it allows you to be fully present and receptive to the newness of each moment.

Interesting Facts & Deeper Insights

- **The "Being" Mode and Intuition:** The state of "being" is not an absence of thought, but rather a different kind of thinking. Many spiritual and scientific traditions agree that our intuition and creative insights often arise when the analytical, "doing" part of the brain quiets down. By creating space for "being," you are creating a fertile ground for your own inner wisdom to surface.
- **The Power of Imperfection:** The "doing" mind often strives for perfection, which can lead to self-criticism and a fear of making mistakes. The "being" mind, however, accepts the moment as it is, including its imperfections. This allows for greater self-compassion and a more resilient approach to challenges, both for yourself and for your clients.
- **A Simple Metaphor:** Think of the "doing" mind as a tireless river flowing towards a destination, always moving and always with a purpose. The "being" mind, on the other hand, is the calm lake - reflecting the sky and the trees, simply existing in a state of quiet stillness without a need to go anywhere. Both have their place and their power. The key is knowing which one to reside in at any given moment.