

What Is Mind Modes®?

Most tools that claim to help you understand yourself give you a type. A label. A category. And then they tell you how people in that category tend to behave.

Mind Modes® does something different.

It maps how your mind actually works, not just how you behave in ideal conditions, but how your thinking shifts when things get hard. That distinction is what makes it applicable not just for self-awareness, but for real decisions, real relationships, and real performance under pressure.

The Five Thinking Modes

Every person has five natural thinking modes. You are not one type. You have all five, in a unique blend that is specific to you.

The modes are:

- **The Sage (Reflective Mode):** Processes deeply before responding. Sees patterns others miss. Thinks before acting.
- **The Connector (Relational Mode):** Feels what others feel, sometimes before they say it. Builds trust naturally. Holds relationships together.
- **The Strategist (Logical Mode):** Finds structure in chaos. Solves problems with precision. Builds systems that work.
- **The Sovereign (Executive Mode):** Decides and moves. Creates momentum. Makes things happen when others are still deliberating.
- **The Explorer (Creative Mode):** Sees possibilities everywhere. Connects ideas nobody else thought to connect. Makes things new.

Your blend of these five modes shapes how you make decisions, how you communicate, what you need from the people around you, and what drains you when it is missing.

Why Your Blend Matters More Than Your Type

Most personality systems assign you a dominant type and treat that as a fixed identity. Mind Modes® treats your blend as a starting point for development, not a final answer about who you are.

Some modes in your blend will be strong and well-developed. Others will be underused, raw, or activated only under pressure. The goal of Mind Modes® is not to tell you which type you are. It is to show you the full picture of how your mind works so you can develop all five modes toward balance and adaptability.



The Stress Patterns Layer

This is what most systems completely miss.

In calm conditions, your dominant mode serves you well. But under pressure, conflict, deadline, or uncertainty, something shifts. The thinking pattern that usually helps you starts to behave differently. And most people never see this shift clearly enough to understand what is actually happening.

Mind Modes® maps this second layer specifically. Not just how you think when things are going well, but how your thinking changes when things get hard. This is where most repeated patterns in relationships, careers, and organisations actually live. And it is the layer that no personality test, EQ framework, or standard coaching tool currently addresses with the same precision.

What that shift looks like specifically for your mode is what the full assessment reveals.

What Makes Mind Modes® Different

Unlike MBTI, DISC, and most EQ frameworks, Mind Modes® does not assign a fixed type. It maps a dynamic blend that can develop and mature over time.

Unlike generic coaching tools, Mind Modes® includes a dedicated Stress Patterns layer that explains why capable people respond in ways that surprise even themselves under pressure.

Unlike personality tests, Mind Modes® is built from the integration of neuroscience, cognitive and behavioural psychology, emotional intelligence, and coaching psychology. It is not an observational category system. It is a science-grounded cognitive map.

Where to Start

The starting point is a self-assessment. It gives you an initial picture of your thinking tendencies across the five modes. The deeper your engagement with the system, the more complete and specific the picture becomes.

- Free starting point: mindmodesassessment.com/thinking-lens-check/
- Full self-assessment: mindmodesassessment.com
- Live coaching programs: mindmodes.com Practitioner certification: mindmodes.com/certification

Mind Modes® is a registered cognitive and stress pattern system. All content is the intellectual property of Ivy Aulia (Novita Aulia Rahma). mindmodes.com

