THE FOUR MODES

Your Mode Guide.

One page for every kind of day. Find today's mode, open its page, and plan for the energy you actually have.

🌙 Restore

🌿 Gentle

🎯 Focus

✨ Flow

Your mode is today's mode. Not who you are.

Your energy changes day to day, and sometimes hour to hour. So does your mode. A Restore morning can turn into a Gentle afternoon. That's not inconsistency. That's being human.

1 **Check in**
Three questions, 30 seconds, at modebynikki.com. Save it to your home screen.

2 **Open today's page**
Restore, Gentle, Focus or Flow. Read what to try and what to go easy on.

3 **Plan for the real you**
Do what fits today. Leave the rest for a day with more in the tank.

4 **Check in again**
Tomorrow, or whenever your energy shifts.

Rest counts. Literally.

A nap, a slow walk or a no-plans afternoon counts as much as ticking off your to-do list.



Restore.

Refill. That's the whole job today.

Heavy body, foggy head, tears close to the surface. Everything feels like too much because the tank is empty. That's not a flaw. It's information.

TRY

- Essentials only: kids fed, you fed, meds taken
- Lower every bar. Frozen dinner and a messy bun count
- One real rest: a nap, a bath, sunshine, an early night

GO EASY ON

- Starting anything new
- Big decisions or big conversations
- Guilt. You can't afford it today

A Restore day isn't a lost day. It's the reason next week works.



Gentle.

Keep life moving with the lightest possible touch.

You can do things, but pushing hard would tip you over. Half a tank, handle with care.

TRY

- Small, easy wins: one load of washing, a short errand
- Pair jobs with comfort: a show while folding, a podcast on a walk
- One small thing that's just for you

GO EASY ON

- Back-to-back anything
- The big scary task. It'll keep for a Focus day
- Turning 'I did one thing' into 'so I must do everything'

Most of real life happens in Gentle. Small, kind steps still move you forward.



Focus.

Point your energy at the one thing that matters most.

Clear head, steady energy, and the list actually looks doable. There's real fuel here, so spend it well.

TRY

- Your most important thing, first
- Batch the boring: calls, forms, emails, bookings
- Work in blocks with real breaks in between

GO EASY ON

- Spending good energy on busywork
- Starting five things. Finish two instead
- Skipping meals because you're on a roll

Focus days are for finishing, not for starting everything at once.



Flow.

Ride the wave, on something that deserves it.

Rare and almost easy. Ideas connect, time flies, and you feel like you again.

TRY

- Give it to meaningful work: the dream, the project, the making
- Protect the window: phone away, people told
- Write down every idea

GO EASY ON

- Spending it on the laundry
- Stopping to 'just quickly' check anything
- Expecting it every day. Flow is a gift, not a baseline

Enjoy it. A low day tomorrow doesn't undo today.

NEW: THE MODE APP

MODE now lives on your phone.

Everything in this guide, built into an app that meets you where you are every single day. Here's what it does for you:

Know where you're at	A 30-second check-in each day, and a list sized to the battery you actually have.
Drop the guilt	Rest XP scores the same as getting stuff done. Rest is progress, not a reward.
See your patterns	Your mode map shows what drains you and what fills you, before you hit empty.
Remember who you are	A vision board, your affirmations, and who you're becoming, right next to your to-do list.

Start with this guide. Keep going with the app.

Use this guide to build the habit: check in, notice your mode, plan around it. The app makes it a 30-second thing you actually keep doing, and remembers your patterns so you don't have to.

Free with the Starter Kit.

Founding members lock in $37 before it goes up to $47. Turn the page to see what's inside.

mode.

WANT TO GO DEEPER?

THIS WAS THE TASTER

The MODE Starter Kit.

The full system I wish I'd had years ago. Everything in this guide, plus the parts that actually change how your weeks feel. And now the MODE app comes with it.

- **The M.O.D.E Map:** 20 quick statements that show you exactly where to start
- **The 7-day gentle reset:** one small thing a day, already decided for you
- **Rest XP:** where rest scores the same as getting stuff done
- **Each mode in full detail,** plus the Mode Matcher to screenshot and keep
- **When it's hard:** for the days you can't tell, and the days that aren't yours
- **36 pages,** fillable on your phone, plus print versions
- **NEW: founding access to the MODE app** 📱 on your home screen, ready every day

GET THE KIT · $37

Tap the button

I'm not writing this from the finish line. I'm somewhere in the middle of it, same as you. I'd love you to come along.

Nikki 🤍