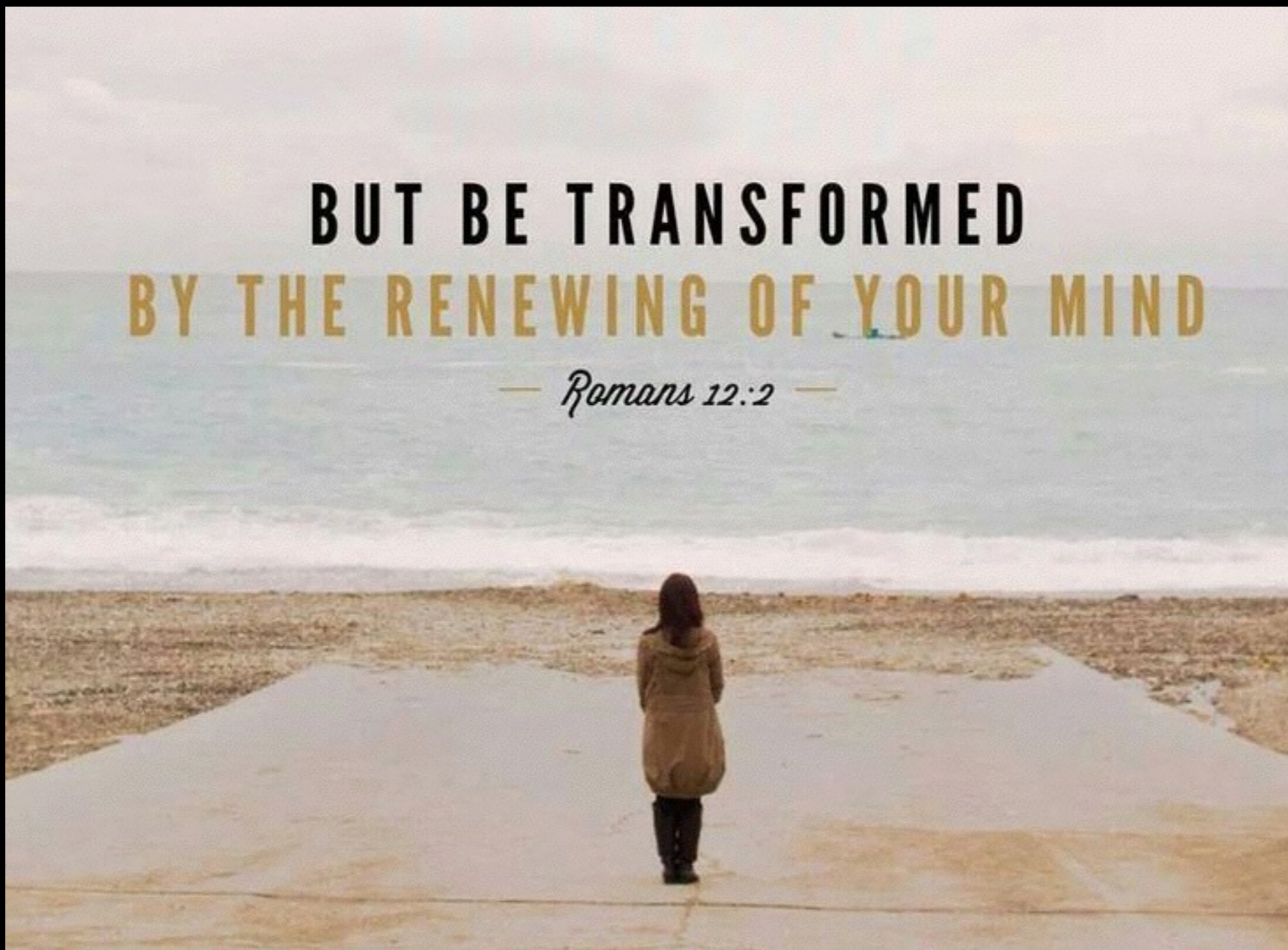


BRAIN WASHED
BRAIN WASHED

BUT BE TRANSFORMED
BY THE RENEWING OF YOUR MIND

— *Romans 12:2* —





Focus on what's STRONG

while restoring what's wrong!

‘Washing’ is hard work!





'Washing' takes...

TIME

Transformation is inevitable

hope

THINKING



One Brain: Two Minds

Thinking One

Decision Making



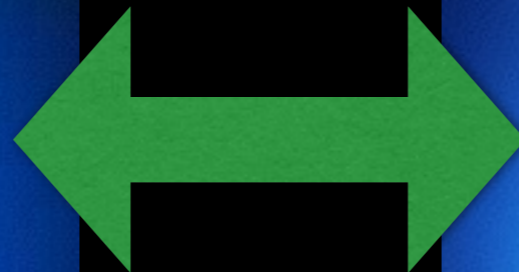
Prefrontal Cortex
Goal Directed

Thinking Two

Automated



Basal Ganglia
Habit Directed



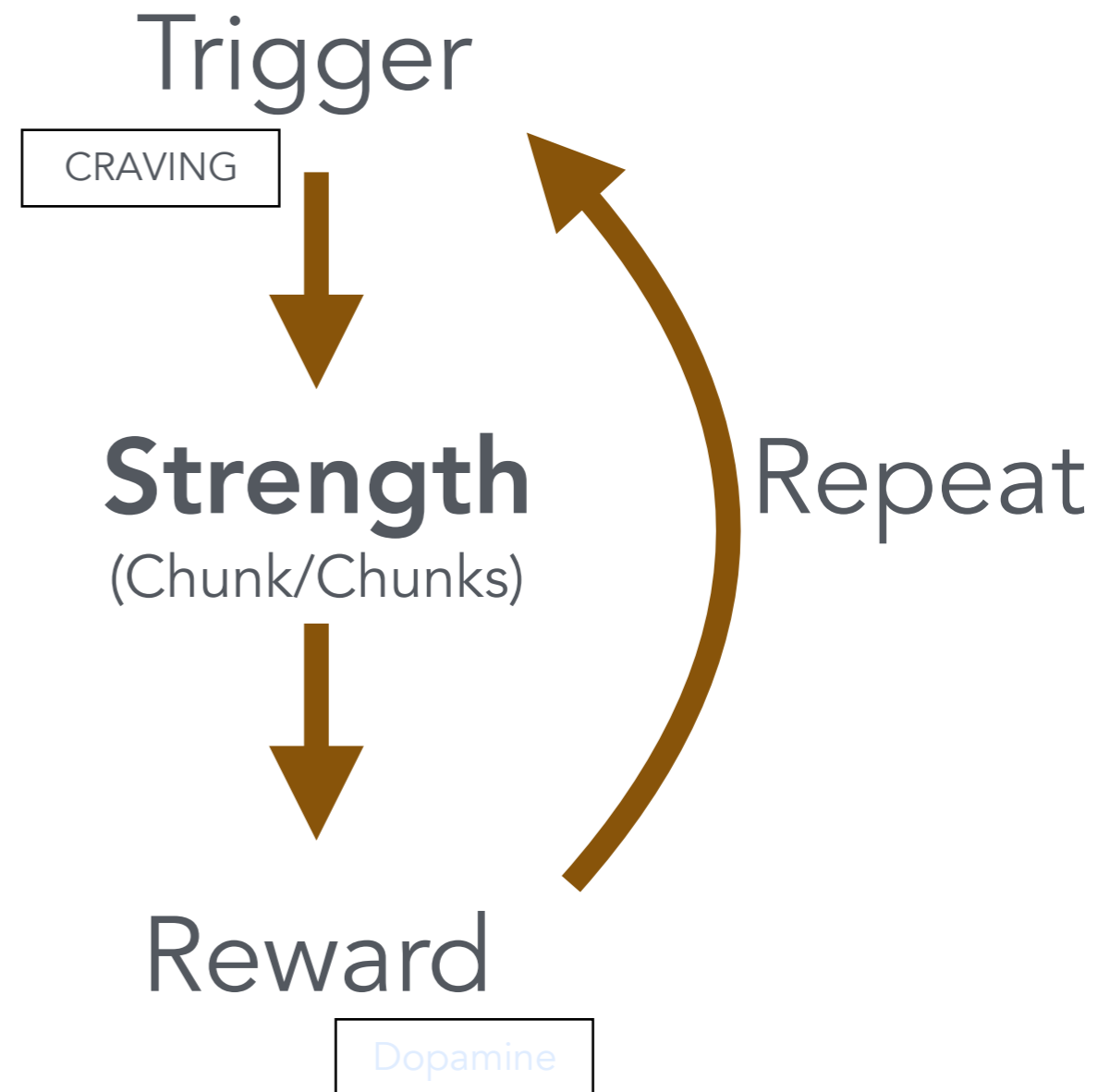
**We ALL have habits that are
of benefit to ourselves and others.**

These are called Strengths





HABIT LOOP



STRENGTH HABIT



Trigger

CRAVING



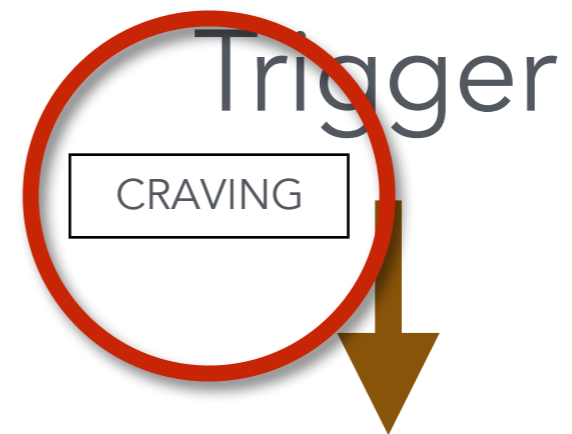
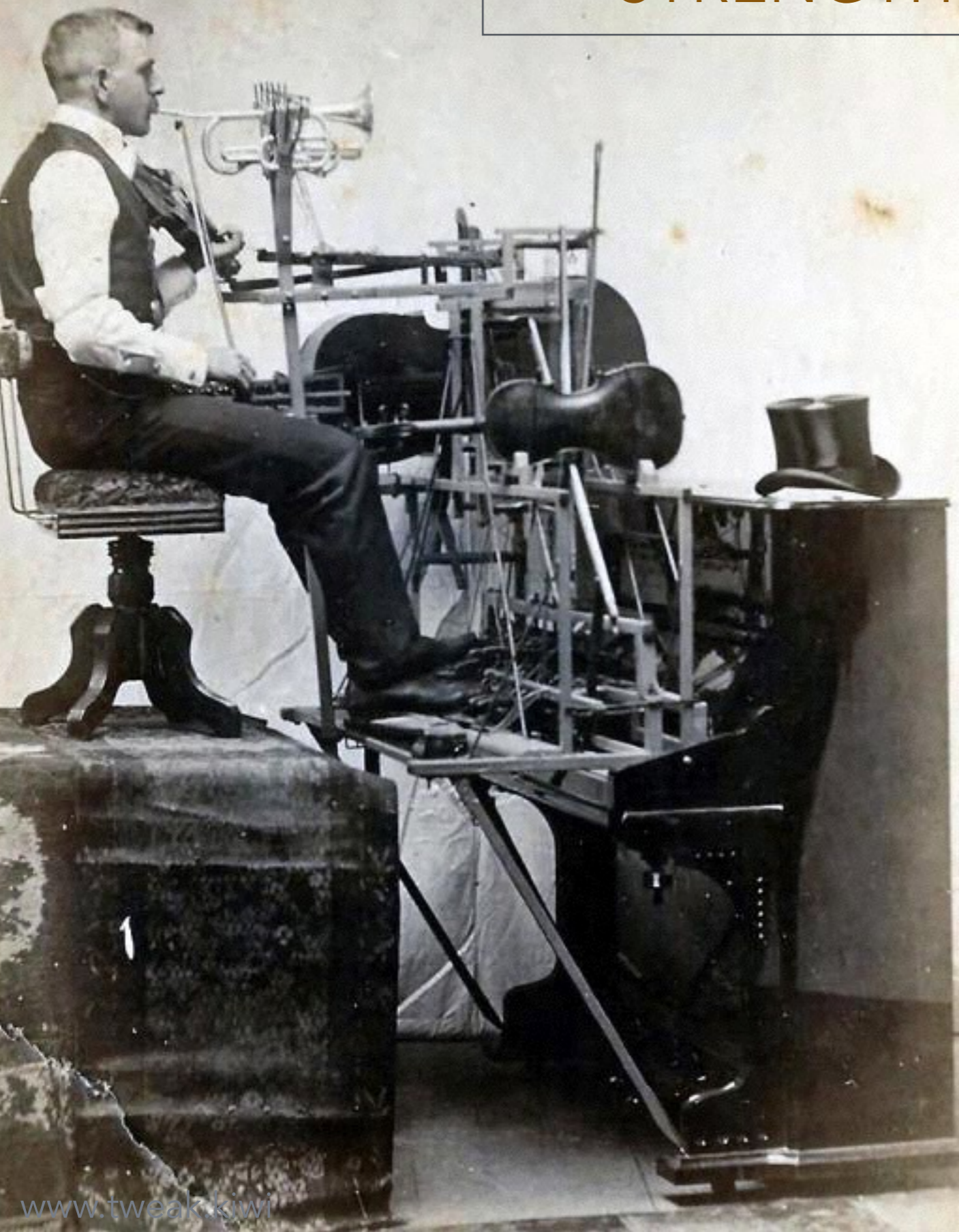
Strength
(Chunk/Chunks)



Reward

Dopamine

STRENGTH HABIT

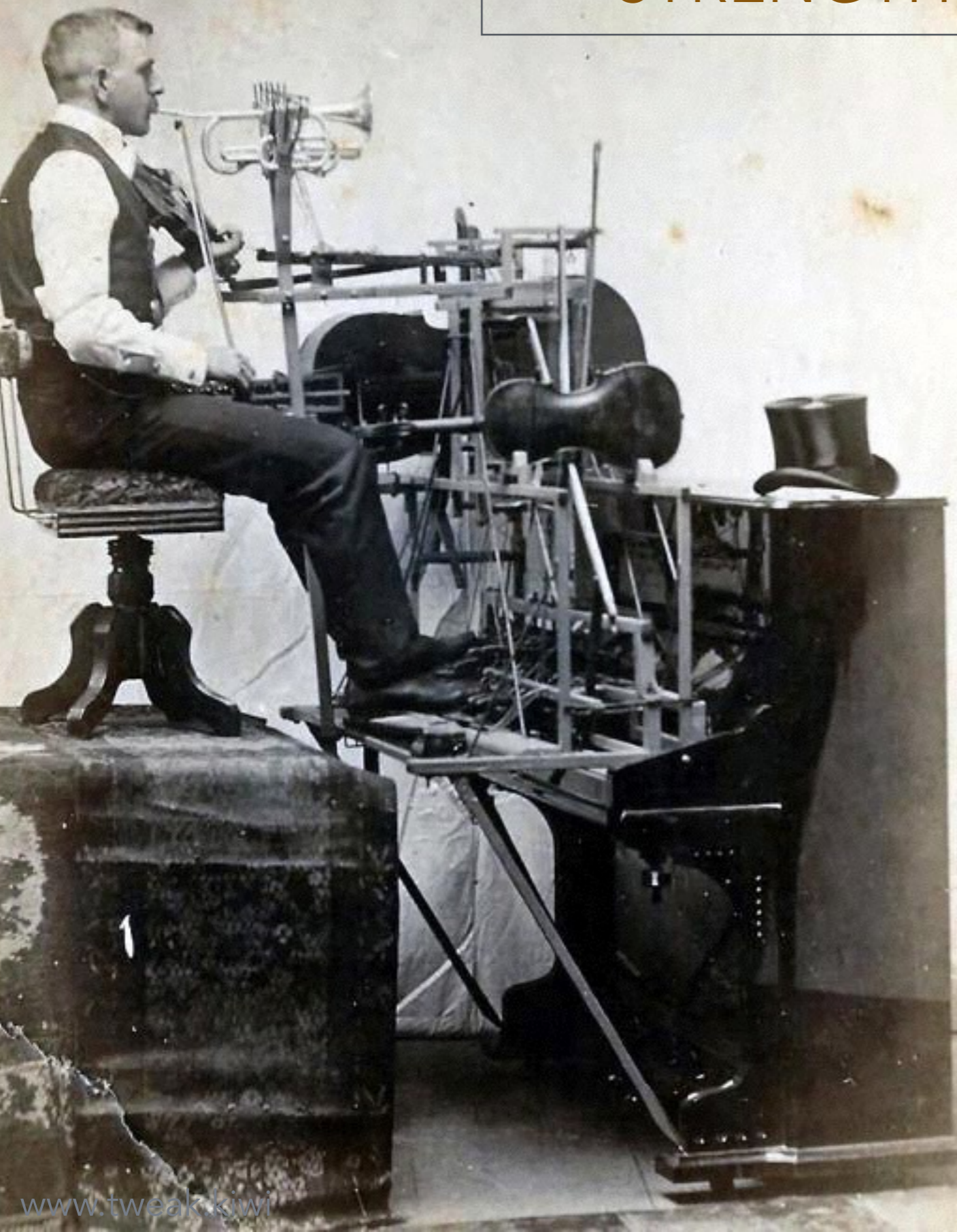


Strength
(Chunk/Chunks)

Reward

Dopamine

STRENGTH HABIT



Trigger

CRAVING

+ve emotion

+ve emotion

STRENGTH HABIT



Trigger

CRAVING



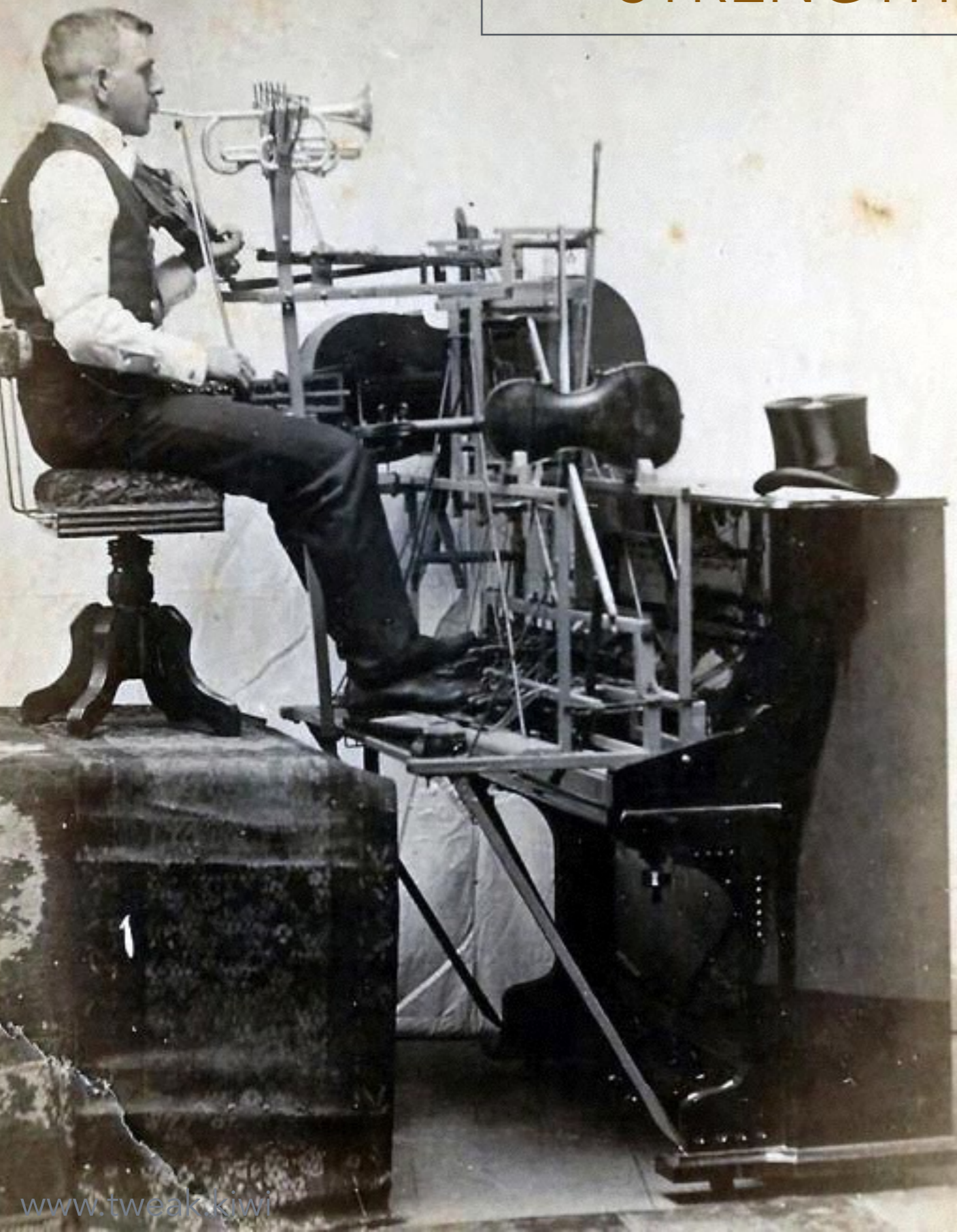
Strength
(Chunk/Chunks)



Reward

Dopamine

STRENGTH HABIT



Trigger

CRAVING

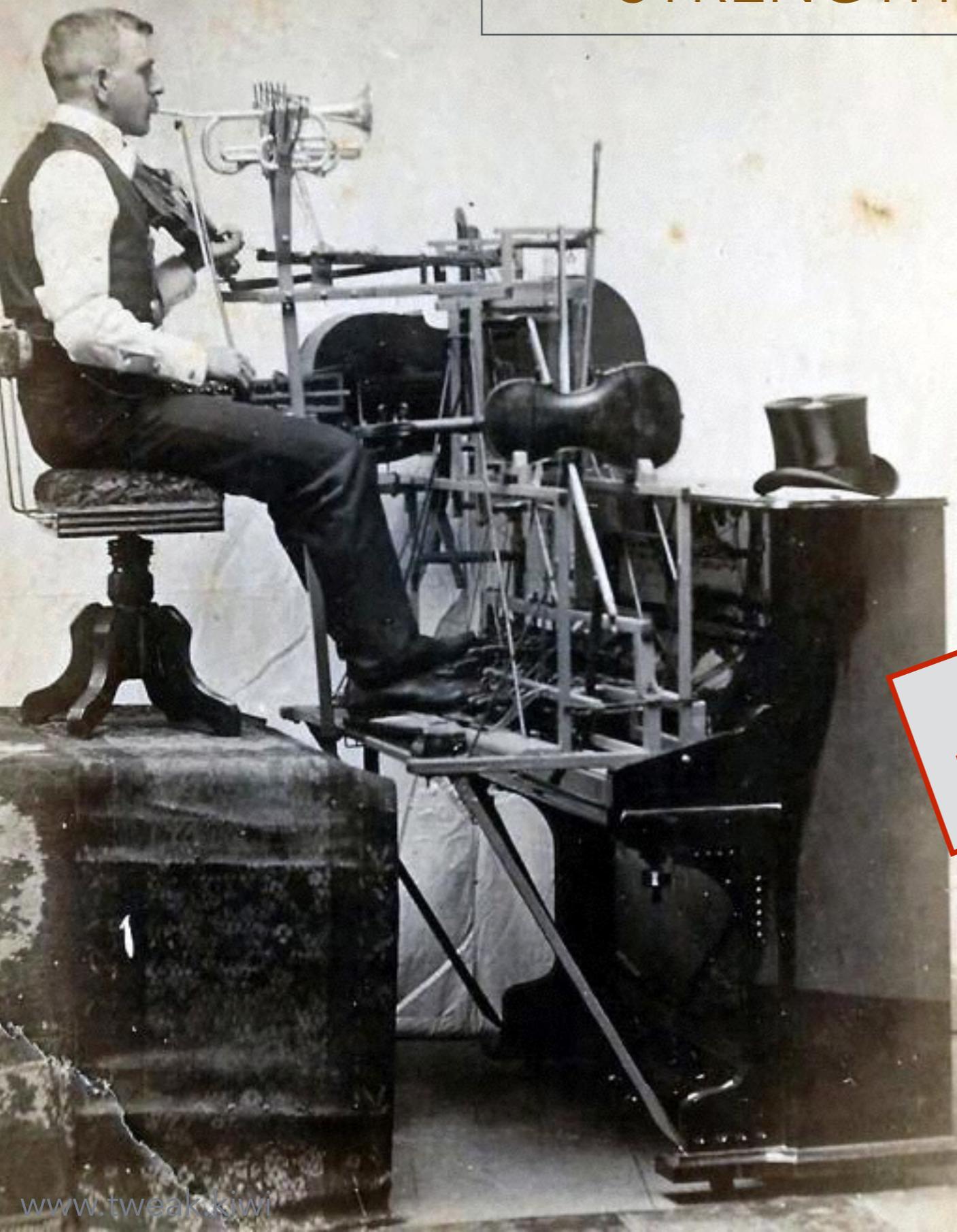


-ve emotion

Reward

Dopamine

STRENGTH HABIT



Trigger

CRAVING



Stress

-ve emotion

Reward

Dopamine

MAX JACOBSEN

MAX JACOBSEN

INFP

MAX JACOBSEN

INFP

Character Strengths

Creativity

Spirituality

Judgement

Fairness

Social Intelligence

MAX JACOBSEN

INFP

Character Strengths

Creativity

Spirituality

Judgement

Fairness

Social Intelligence

Operational Strengths

Ideation

Futuristic

Strategic

Intellection

Adaptability

MAX JACOBSEN

INFP

Character Strengths

Creativity

Coming up with original approaches

Spirituality

Having a strong connection to God

Judgement

Making accurate choices

Fairness

Consistency of treatment

Social Intelligence

Feeling the emotional state of others

Operational Strengths

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Creating original connections

Futuristic

Seeing what will be

Strategic

Coming up with new BEST approaches

Intellection

Having time to think things through

Adaptability

Operating efficiently under pressure

MAX JACOBSEN

INTER

Character Strength

Strengths

CRAVE

Coming

Ideation

Creating original connections

Having a strong connection to God

Futuristic

Seeing what will be

Judgement

Making accurate choices

Strategic

Coming up with new BEST approaches

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MAX JACOBSEN

INTERESTS

Character Strengths

Strengths

CRAVE

Ideation

Creating original connections

Coming

Having a strong connection to God

Judgement

Making accurate

BEST approaches

VALUED

Intellection

Having time to think things through

Con

Social Intelligence

Feeling the emotional state of others

Adaptability

Operating efficiently under pressure

MAX JACOBSEN

INFP

Character Strengths

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Seeing what will be

Strategic

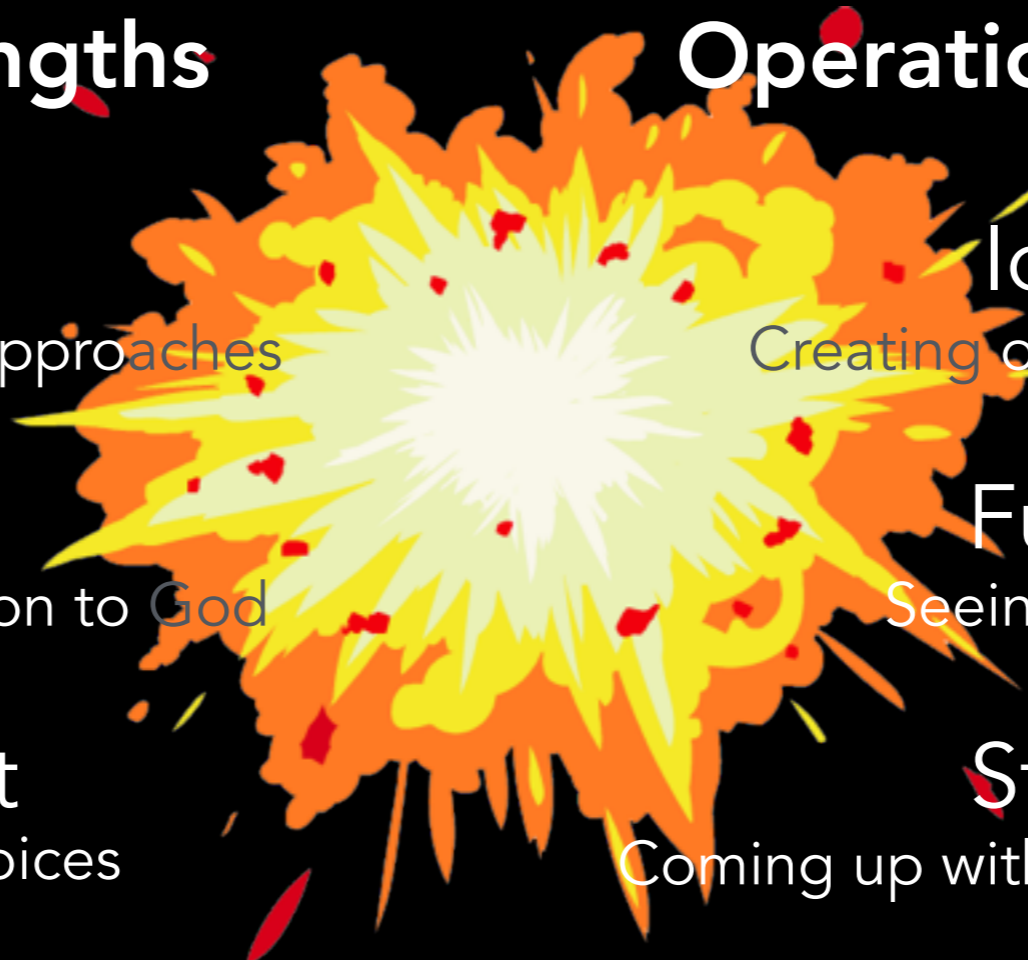
Coming up with new BEST approaches

Intellection

Having time to think things through

Adaptability

Operating efficiently under pressure



STRENGTH HABIT



Trigger

CRAVING



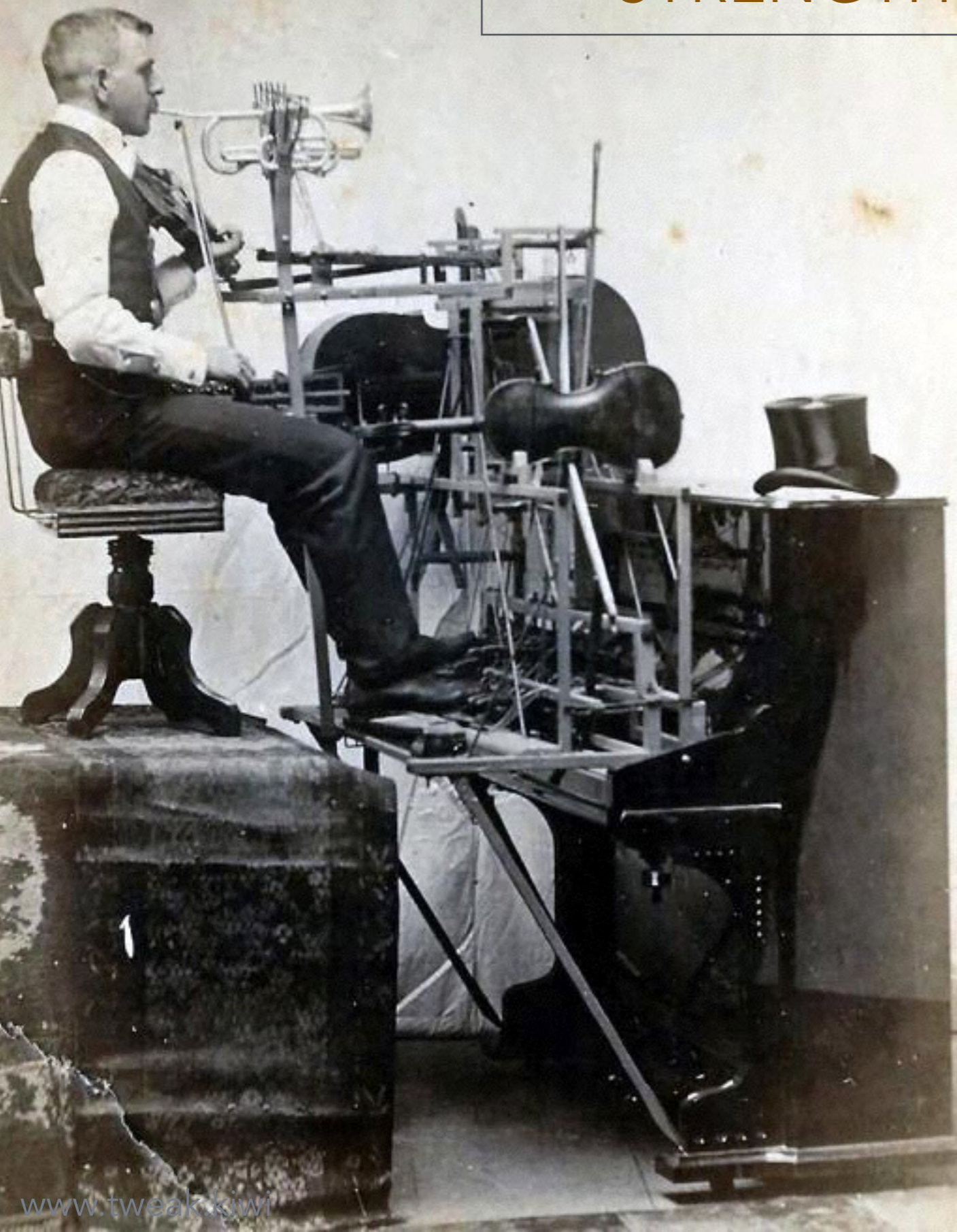
Fairness



Reward

Dopamine

STRENGTH HABIT



Trigger

CRAVING



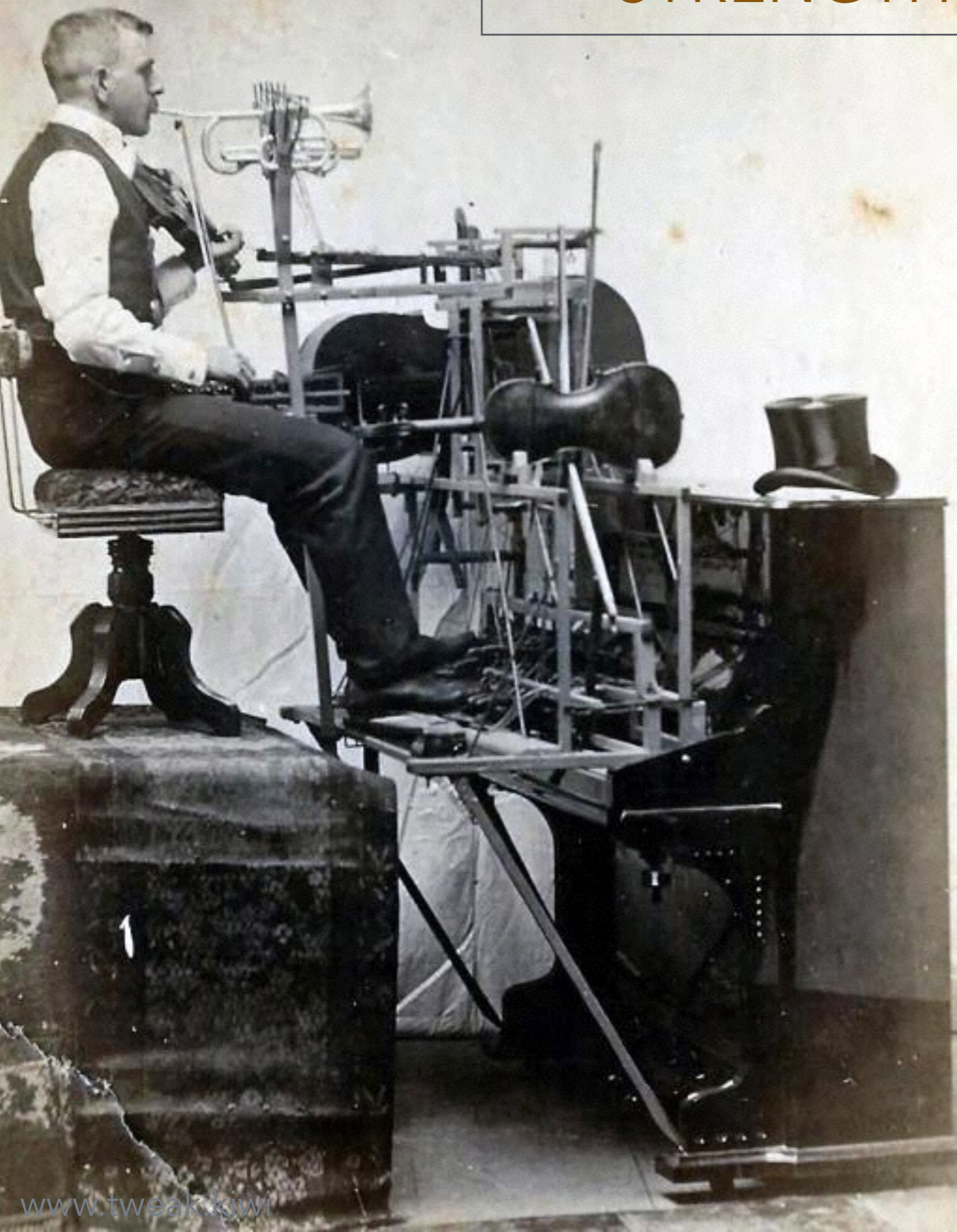
Fairness



Reward

Dopamine

STRENGTH HABIT



Trigger

CRAVING



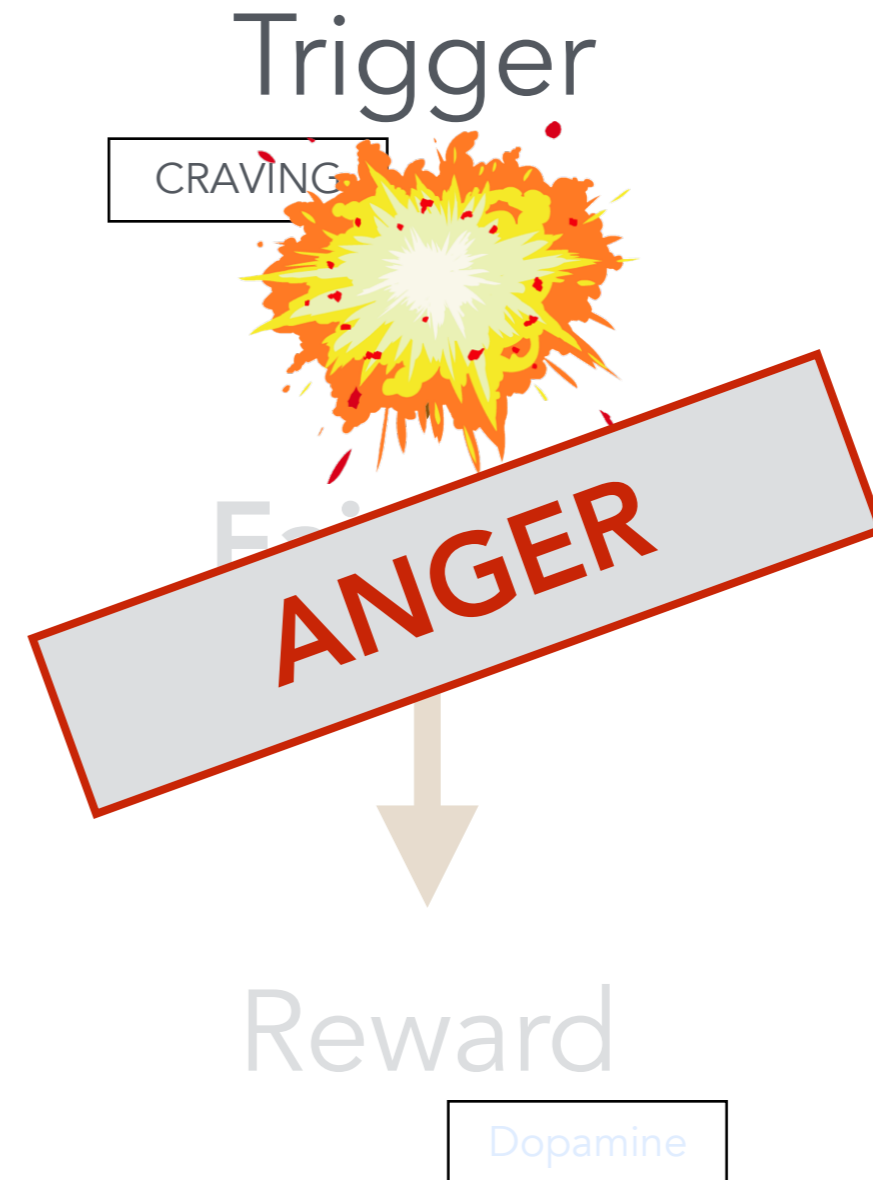
ANGER

Reward

Dopamine

STRENGTH HABIT

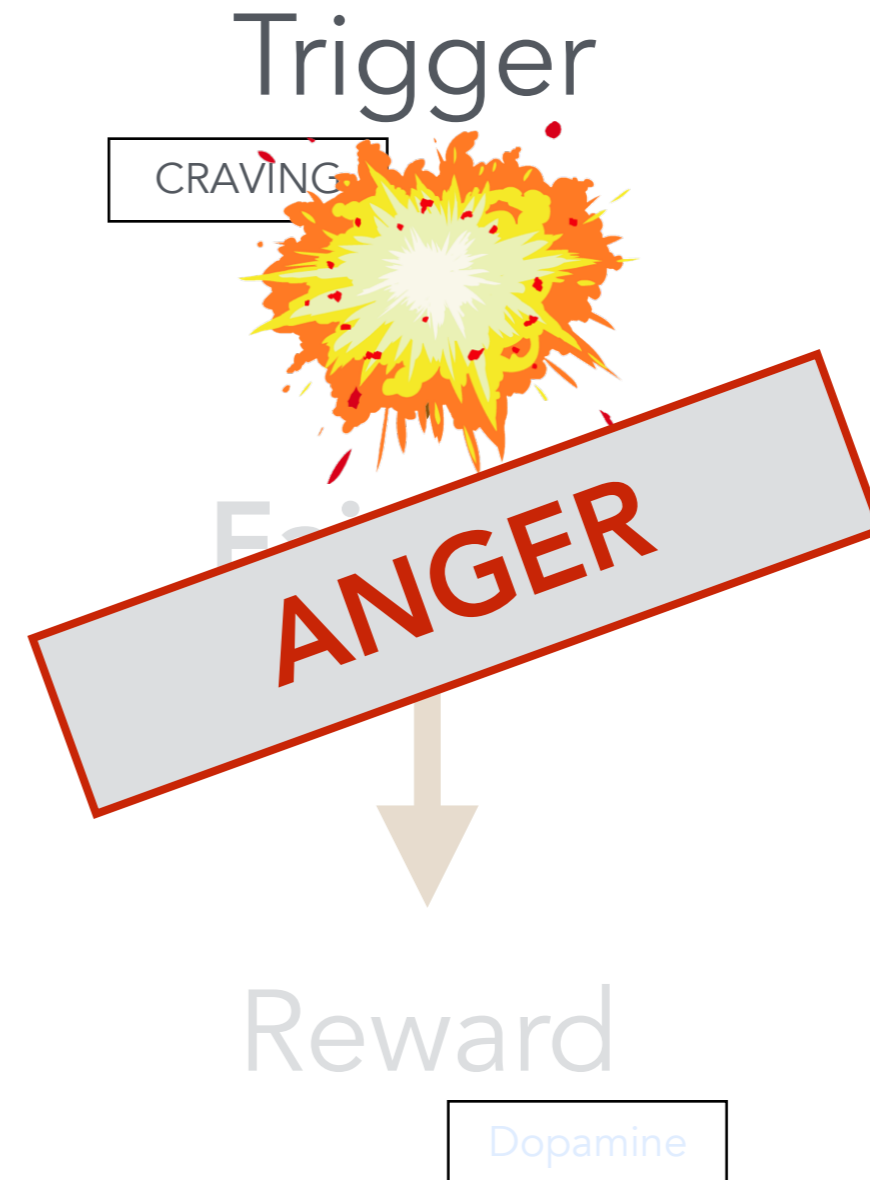
Relieving Frustration



STRENGTH HABIT

Relieving Frustration

1. Identify the trigger

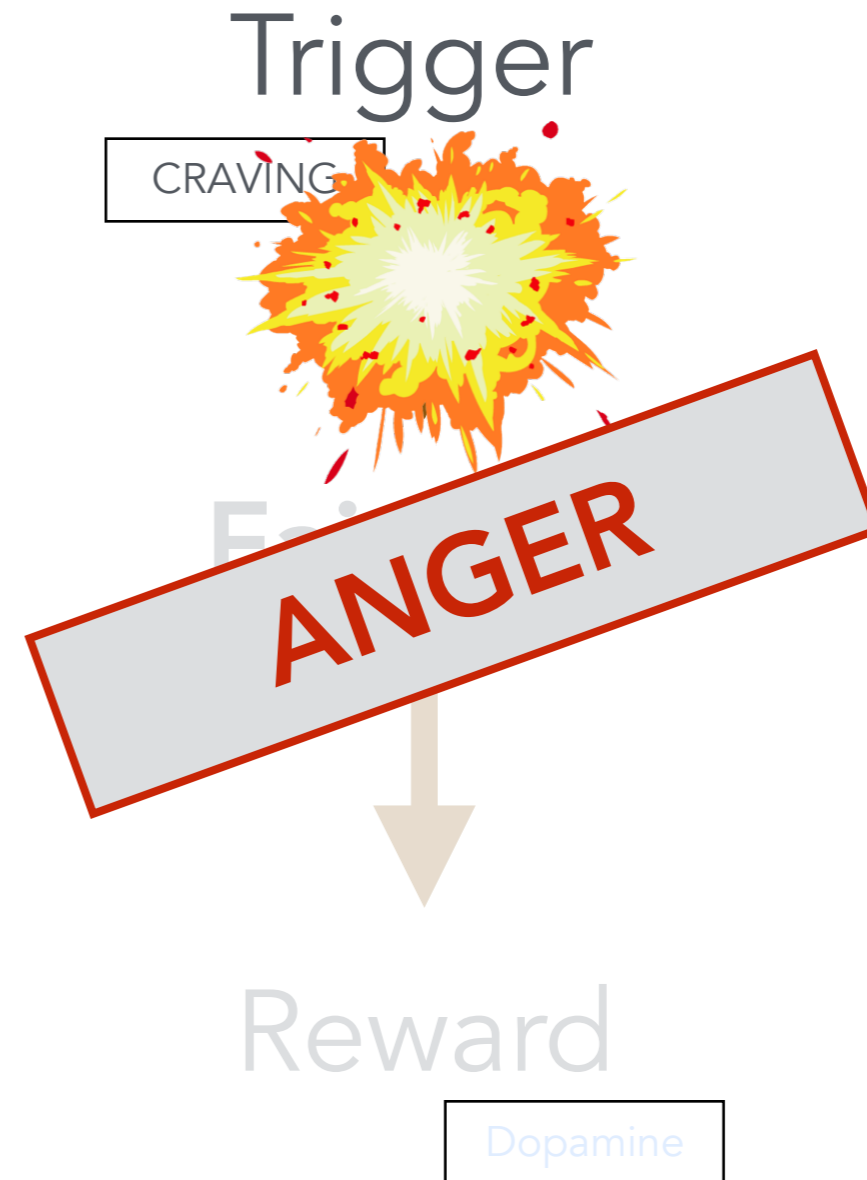


STRENGTH HABIT

Relieving Frustration

1. Identify the trigger

a. Location

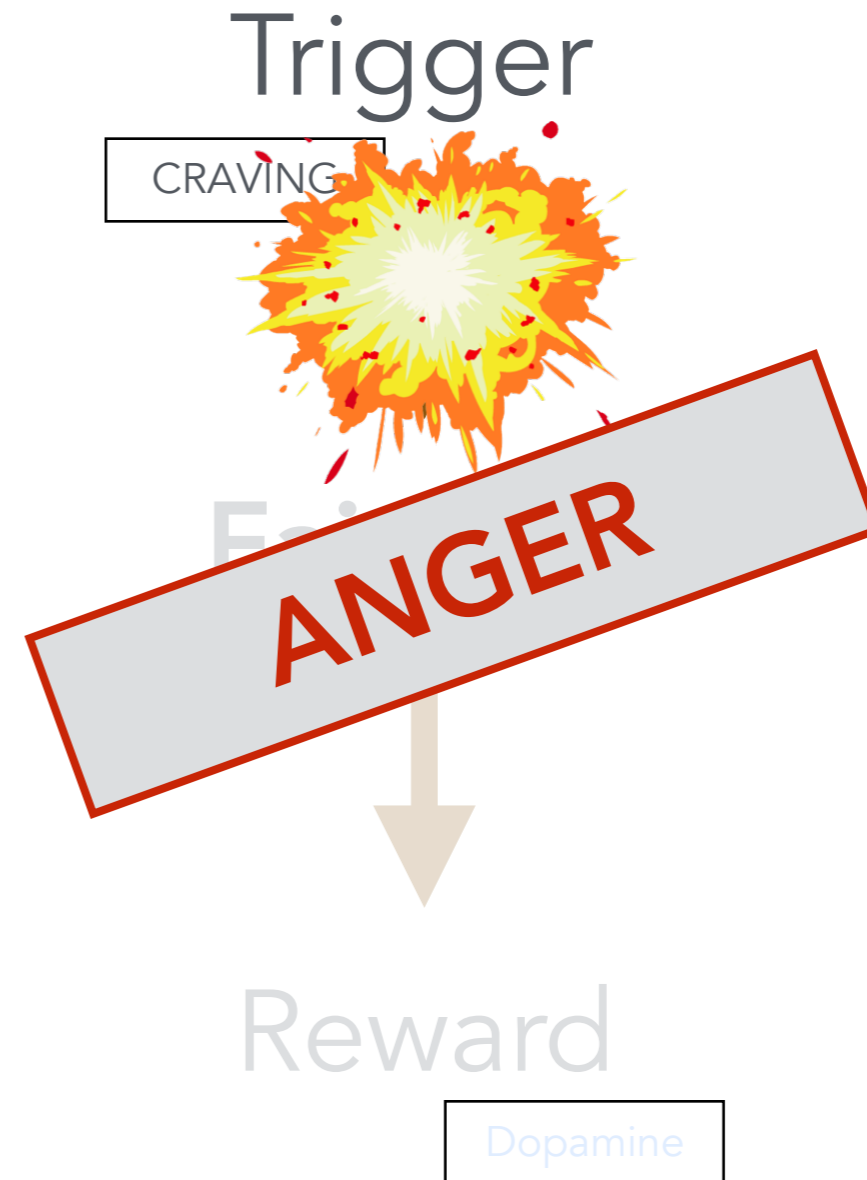


STRENGTH HABIT

Relieving Frustration

1. Identify the trigger

- a. Location
- b. Time

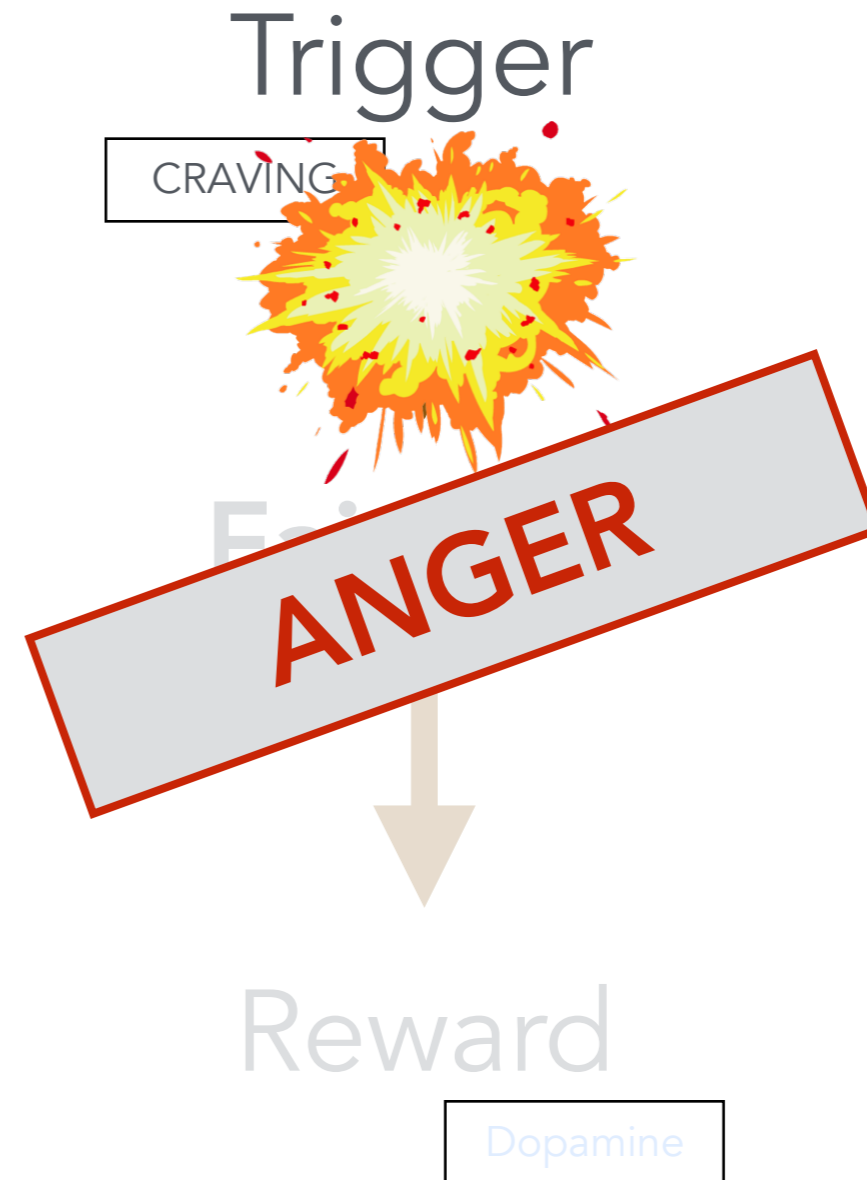


STRENGTH HABIT

Relieving Frustration

1. Identify the trigger

- a. Location
- b. Time
- c. Emotional State

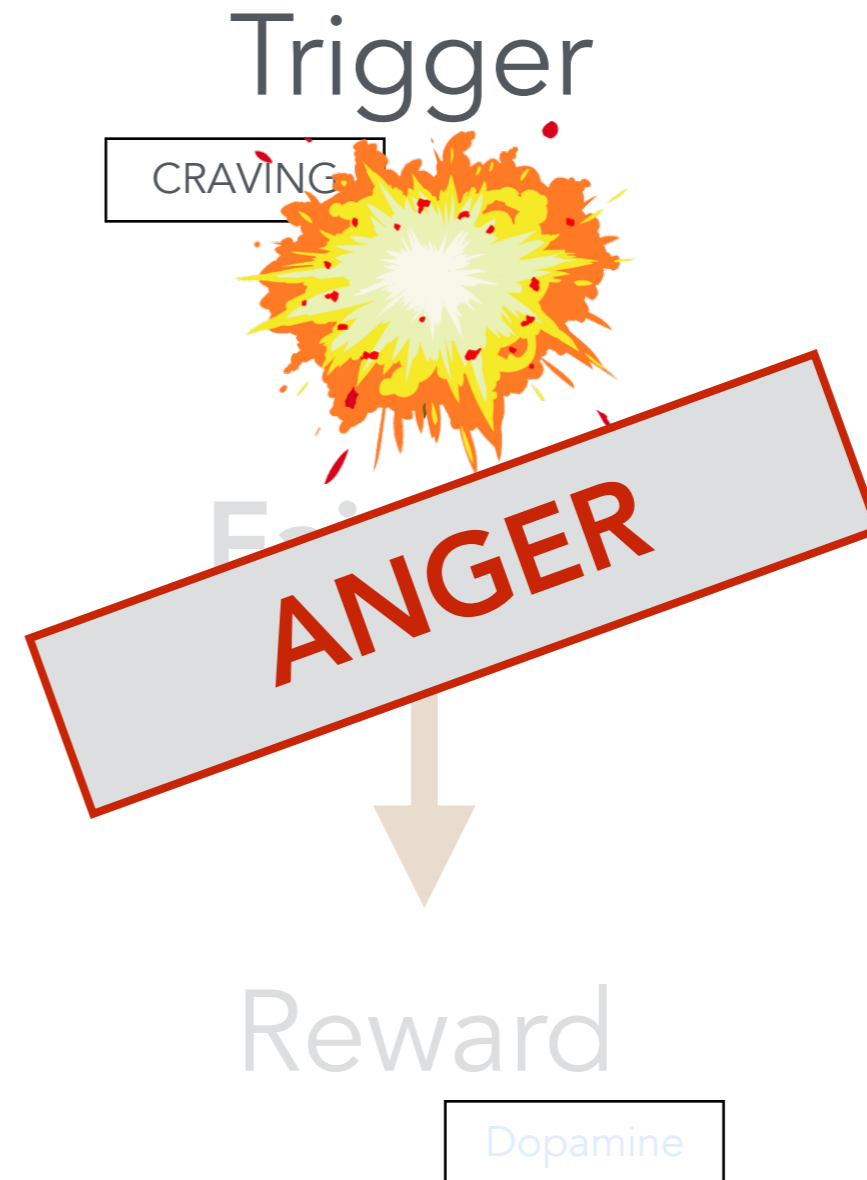


STRENGTH HABIT

Relieving Frustration

1. Identify the trigger

- a. Location
- b. Time
- c. Emotional State
- d. Other People

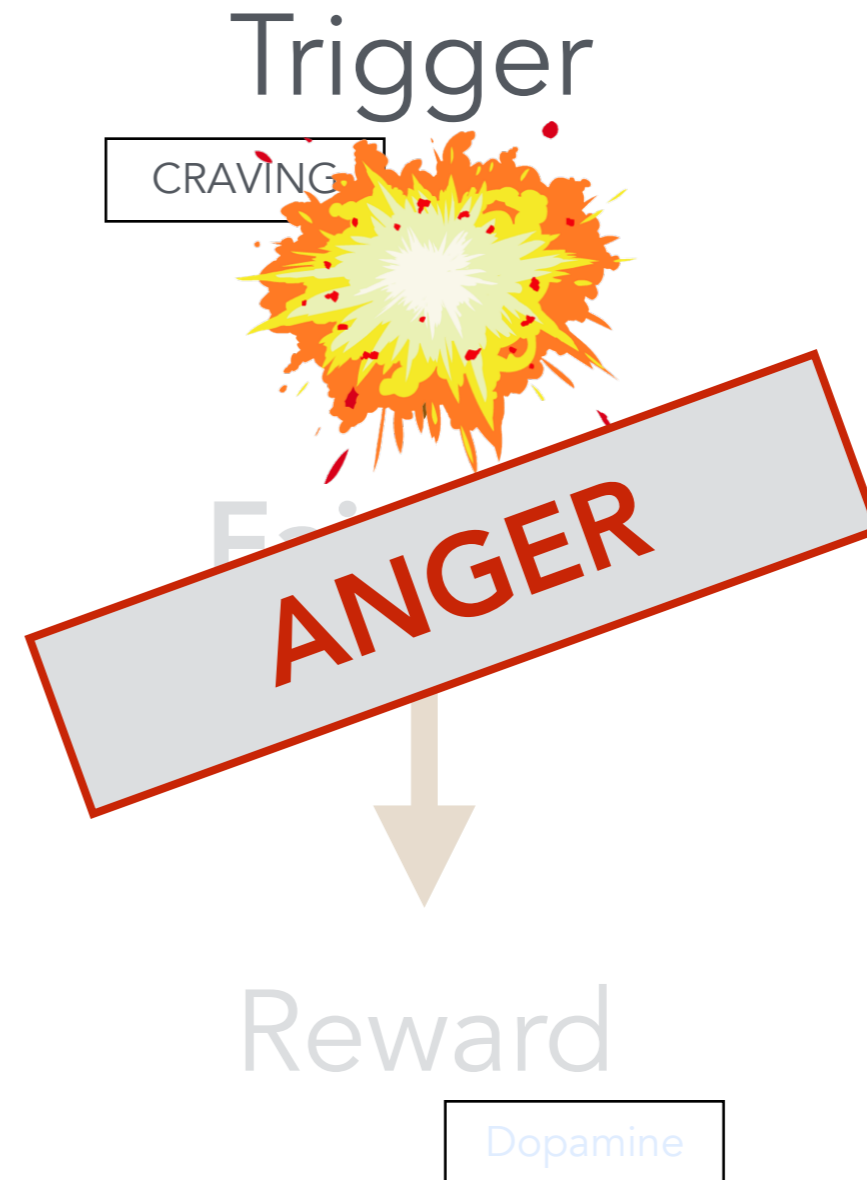


STRENGTH HABIT

Relieving Frustration

1. Identify the trigger

- a. Location
- b. Time
- c. Emotional State
- d. Other People
- e. Immediate preceding action

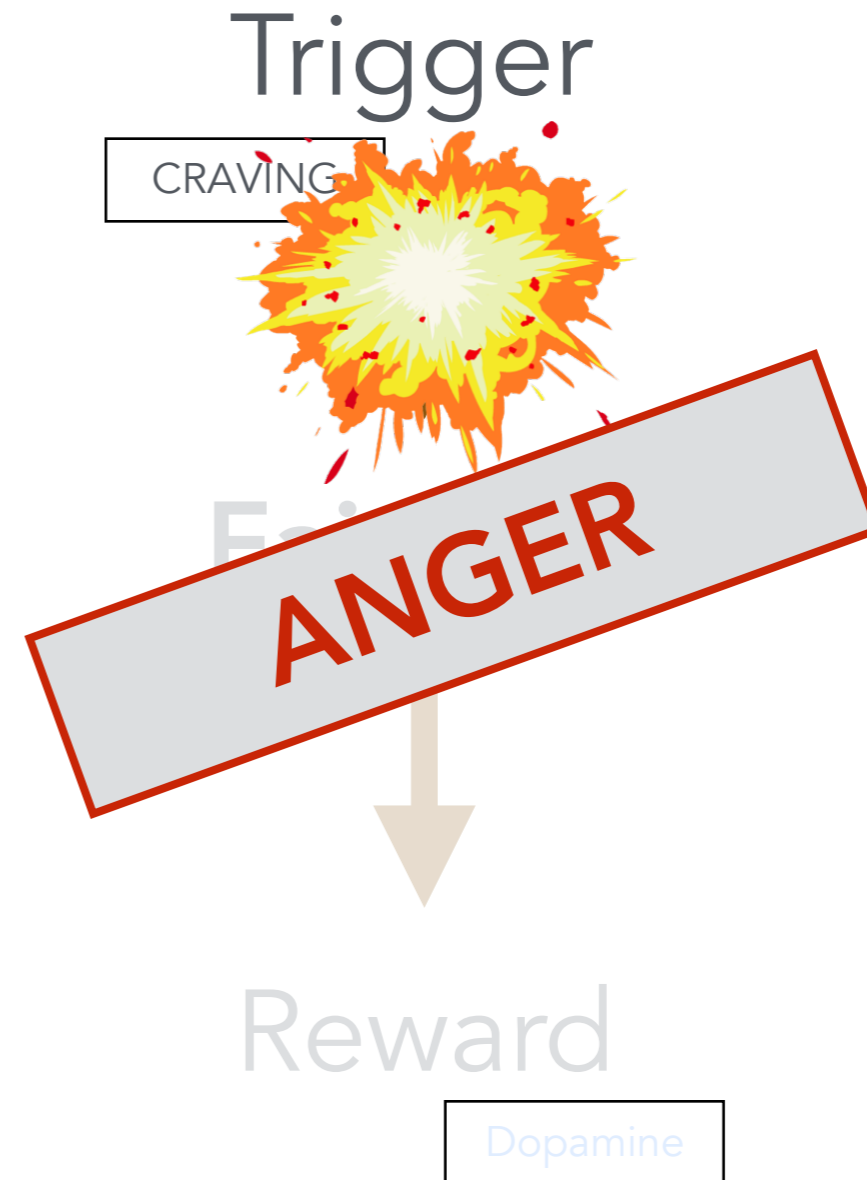


STRENGTH HABIT

Relieving Frustration

1. Identify the trigger

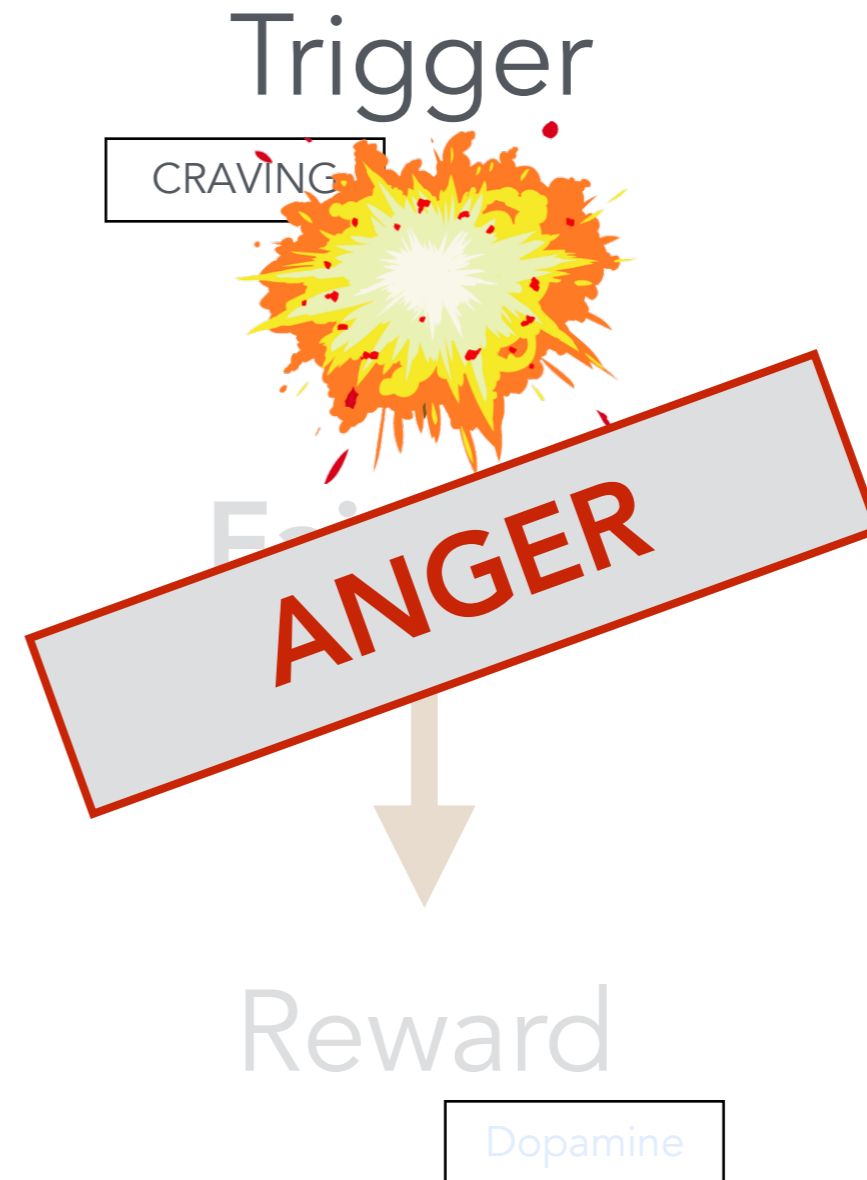
- a. Location
- b. Time
- c. Emotional State
- d. Other People
- e. Immediate preceding action
- f. Words



STRENGTH HABIT

Relieving Frustration

1. Identify the trigger
2. Replace the routine



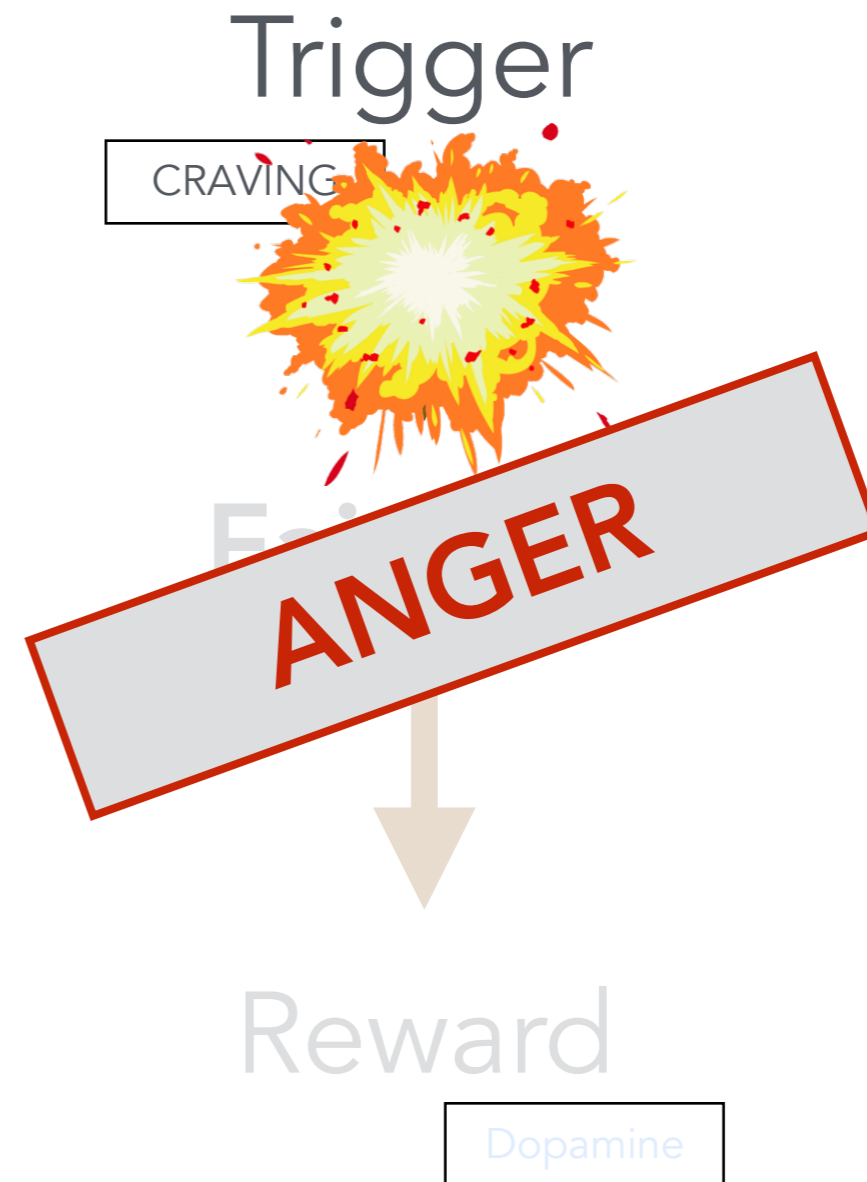
STRENGTH HABIT

Relieving Frustration

1. Identify the trigger

2. Replace the routine

Leverage a different Strength/s



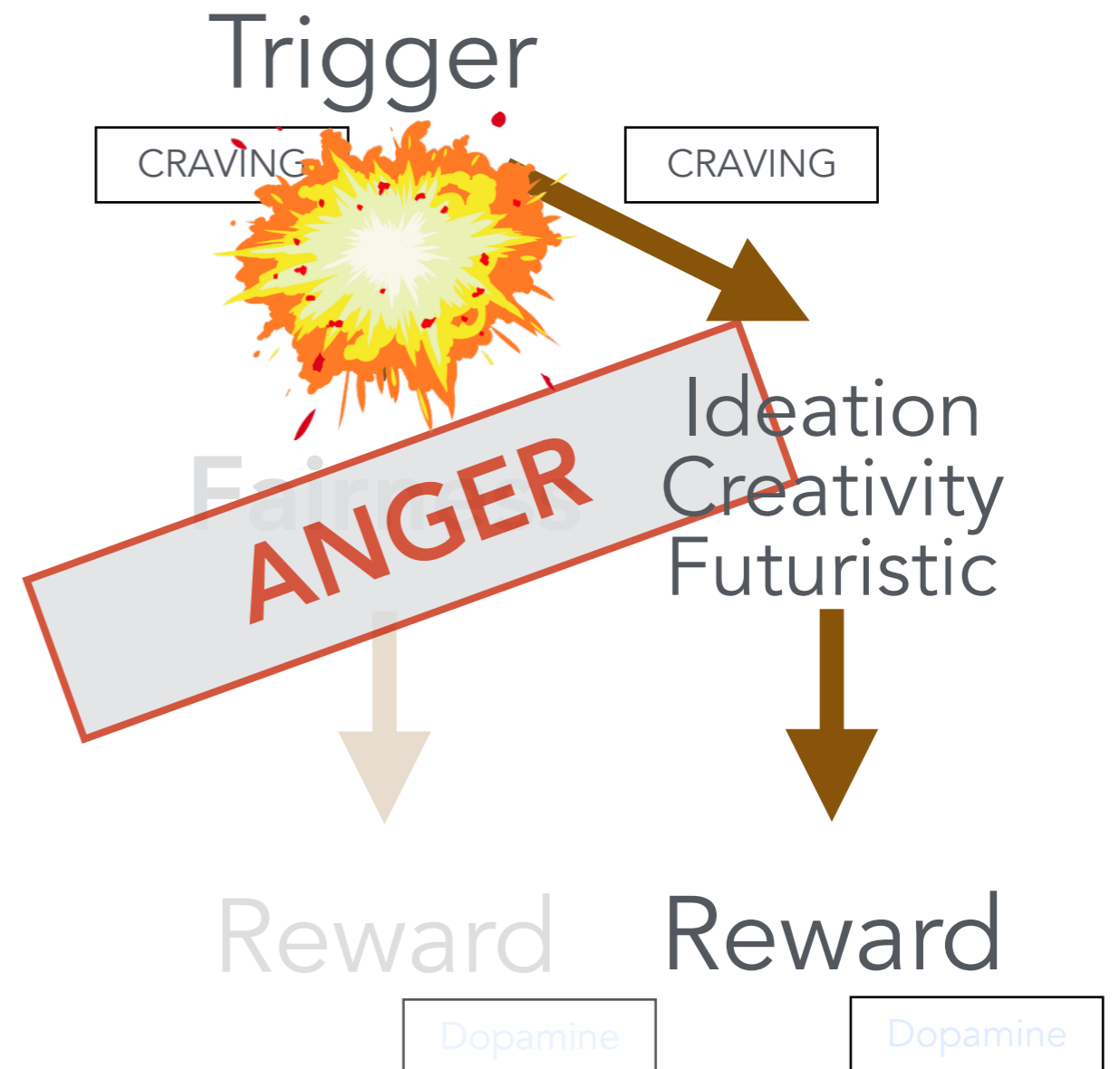
STRENGTH HABIT

Relieving Frustration

1. Identify the trigger

2. Replace the routine

Leverage a different Strength/s



STRENGTH HABIT

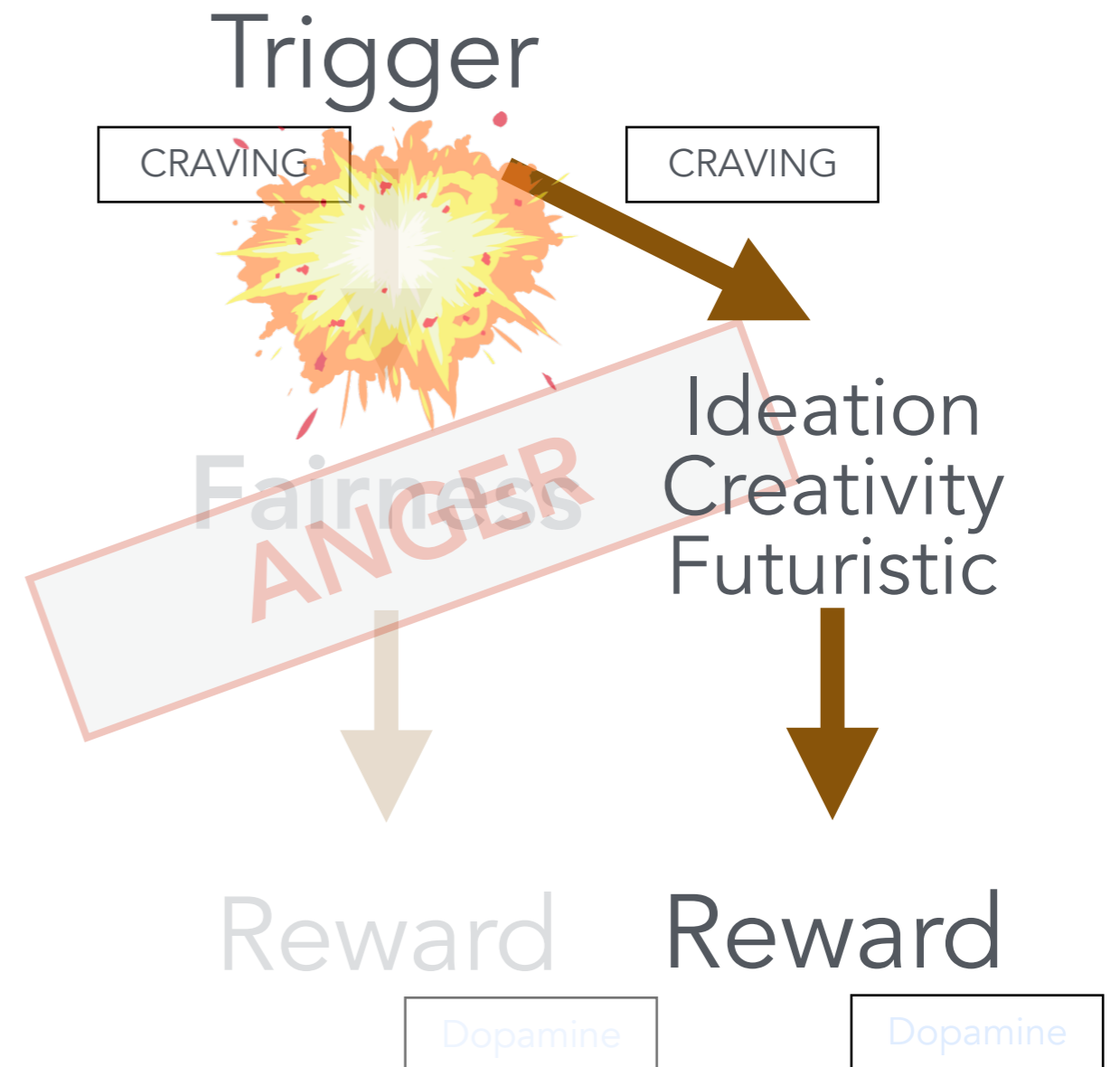
Relieving Frustration

1. Identify the trigger

2. Replace the routine

Leverage a different Strength/s

1. Distraction



STRENGTH HABIT

Relieving Frustration

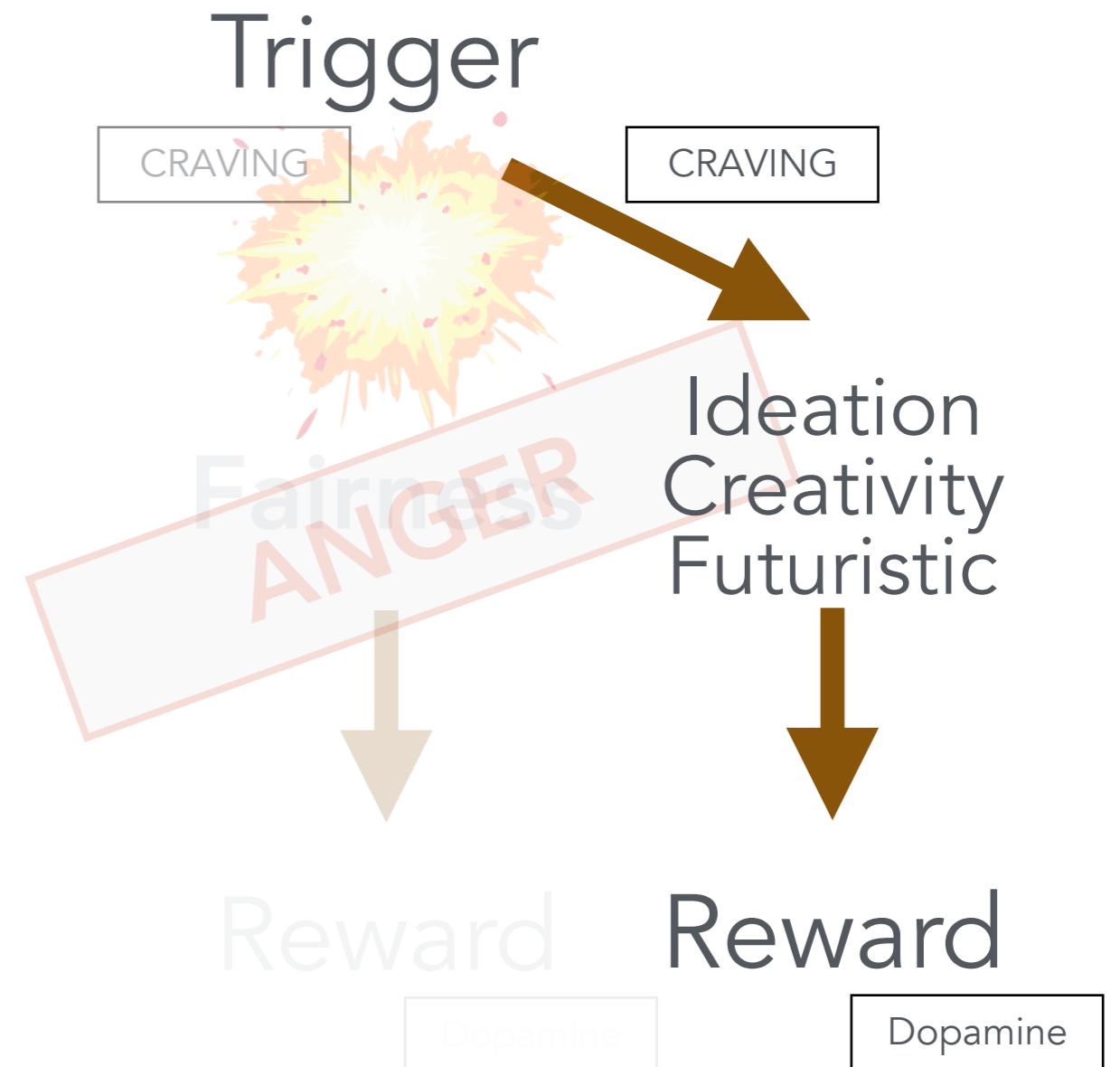
1. Identify the trigger

2. Replace the routine

Leverage a different Strength/s

1. Distraction

2. Dopamine produced



STRENGTH HABIT

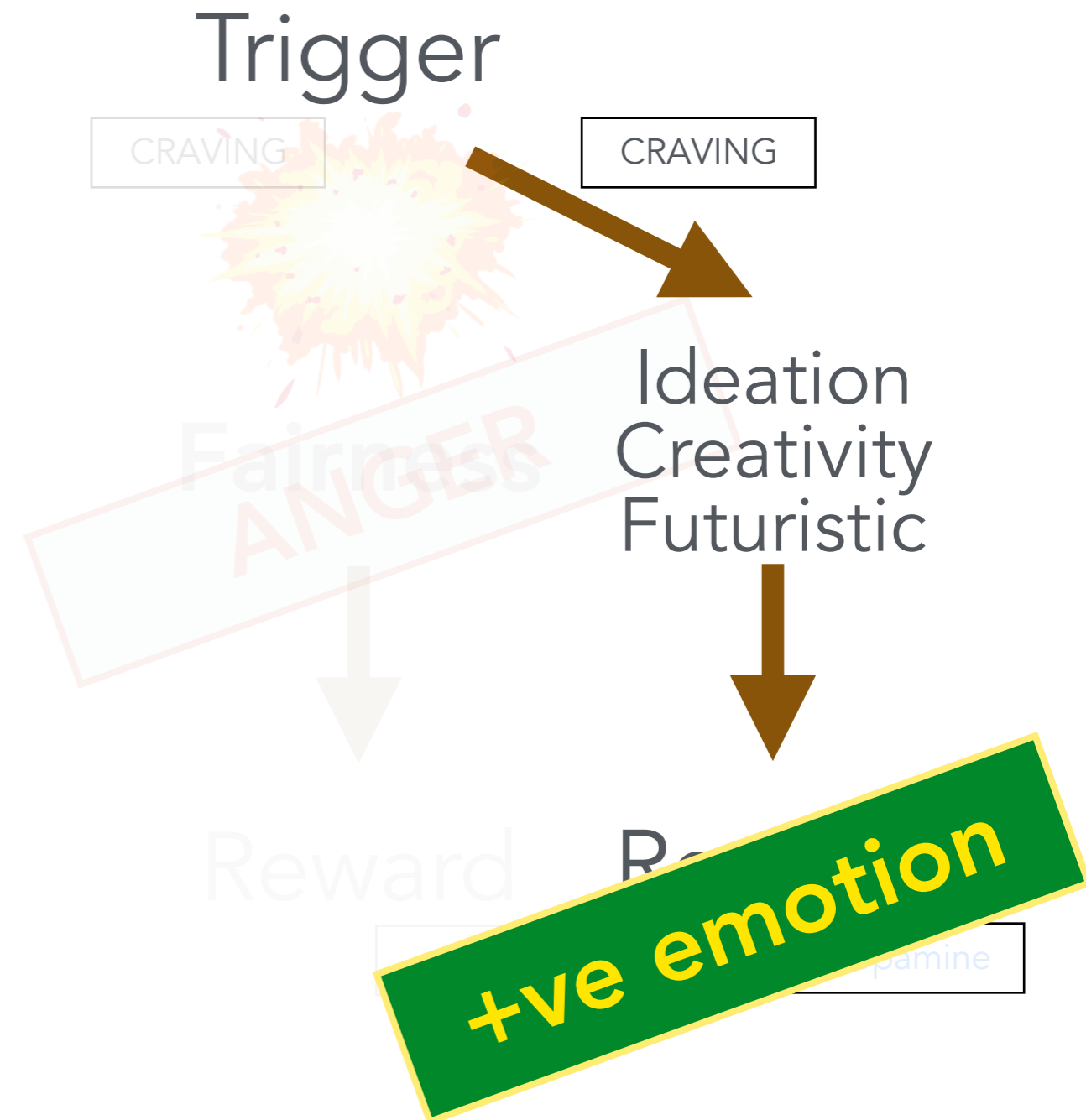
Relieving Frustration

1. Identify the trigger

2. Replace the routine

Leverage a different Strength/s

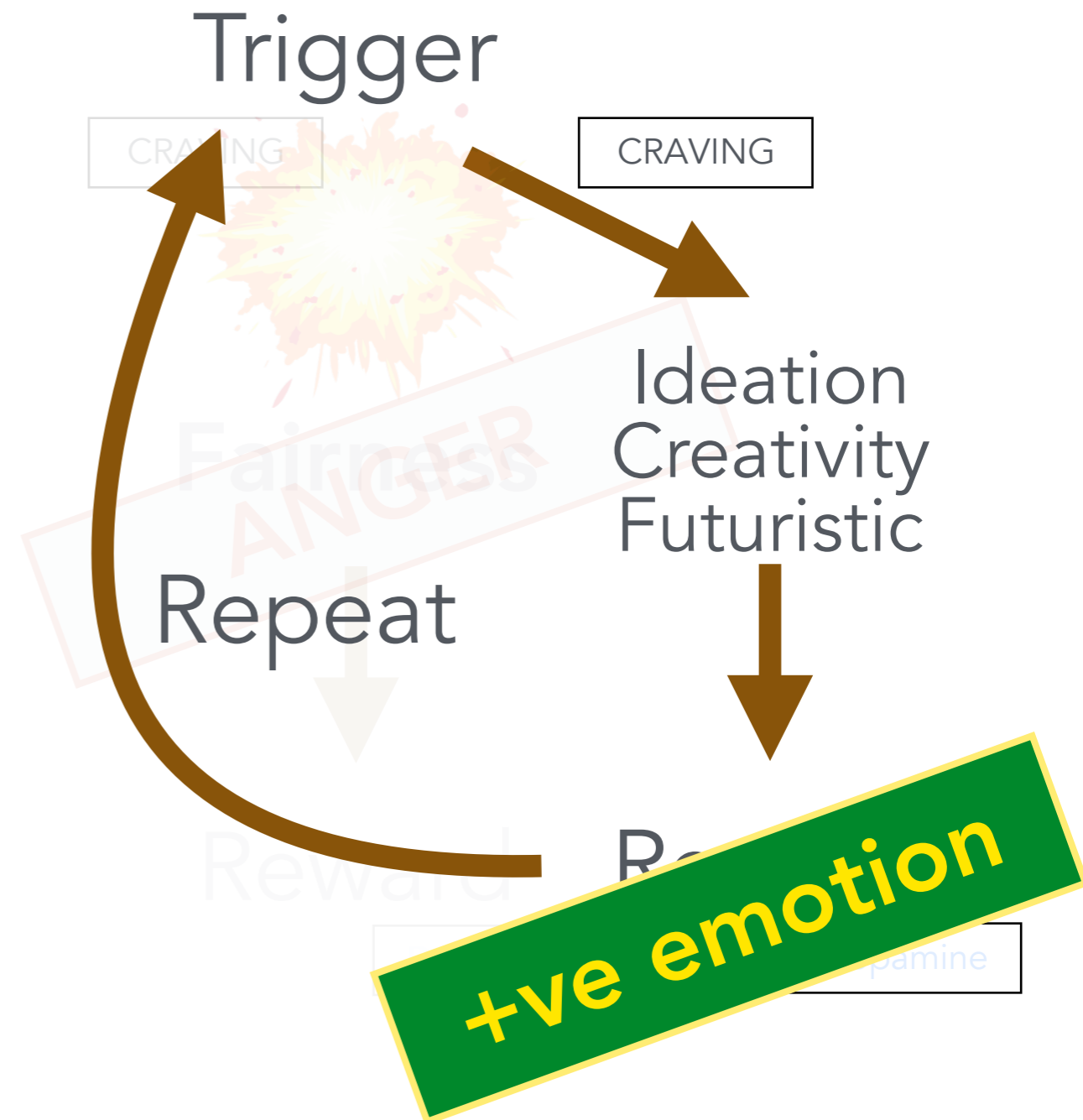
1. Distraction
2. Dopamine produced
3. +ve Emotion



STRENGTH HABIT

Relieving Frustration

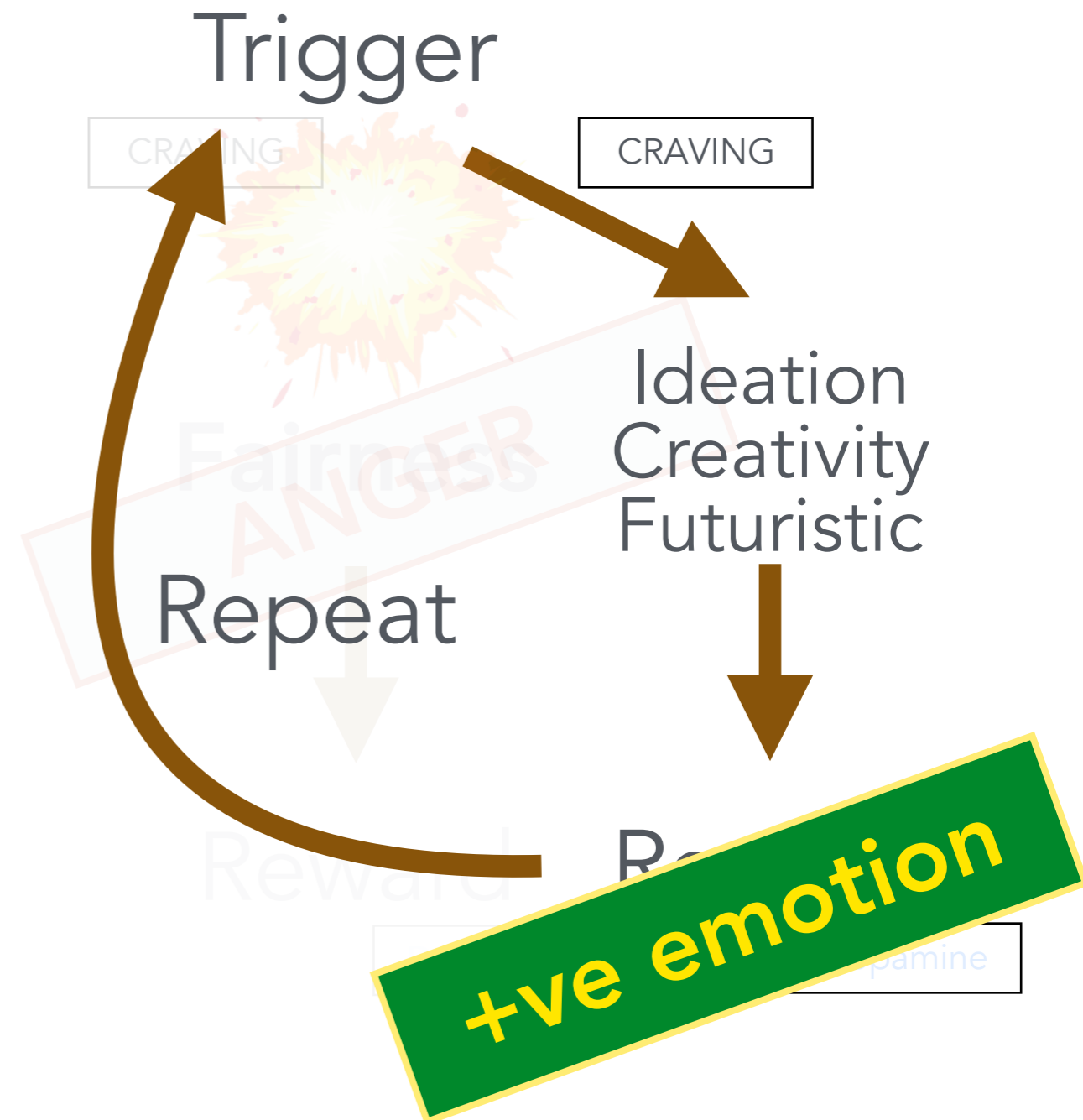
1. Identify the trigger
2. Replace the routine
3. Repeat, repeat, repeat...



STRENGTH HABIT

Relieving Frustration

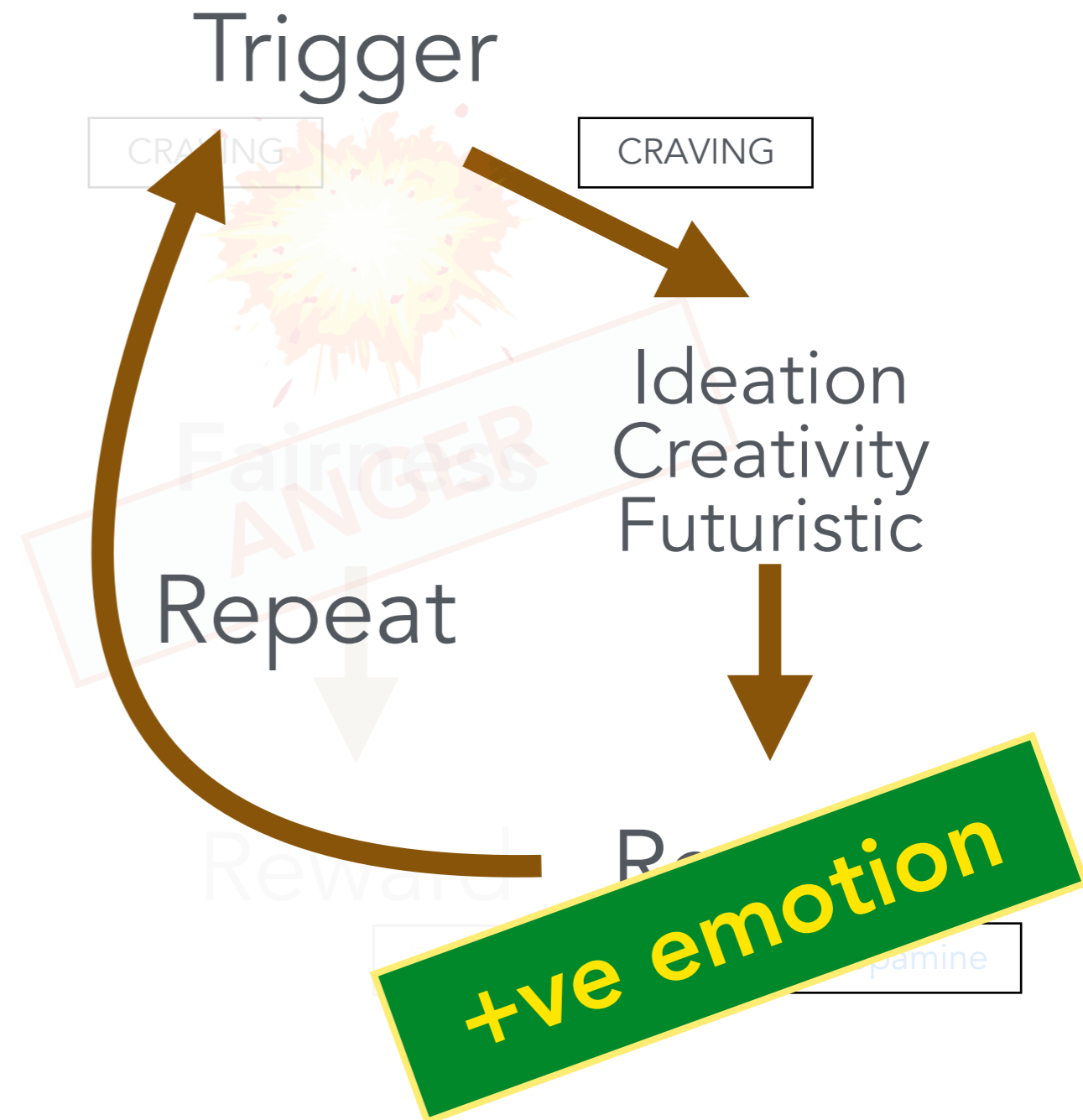
1. Identify the trigger
2. Replace the routine
3. Repeat, repeat, repeat...
'The Path of Least Resistance'



STRENGTH HABIT

Relieving Frustration

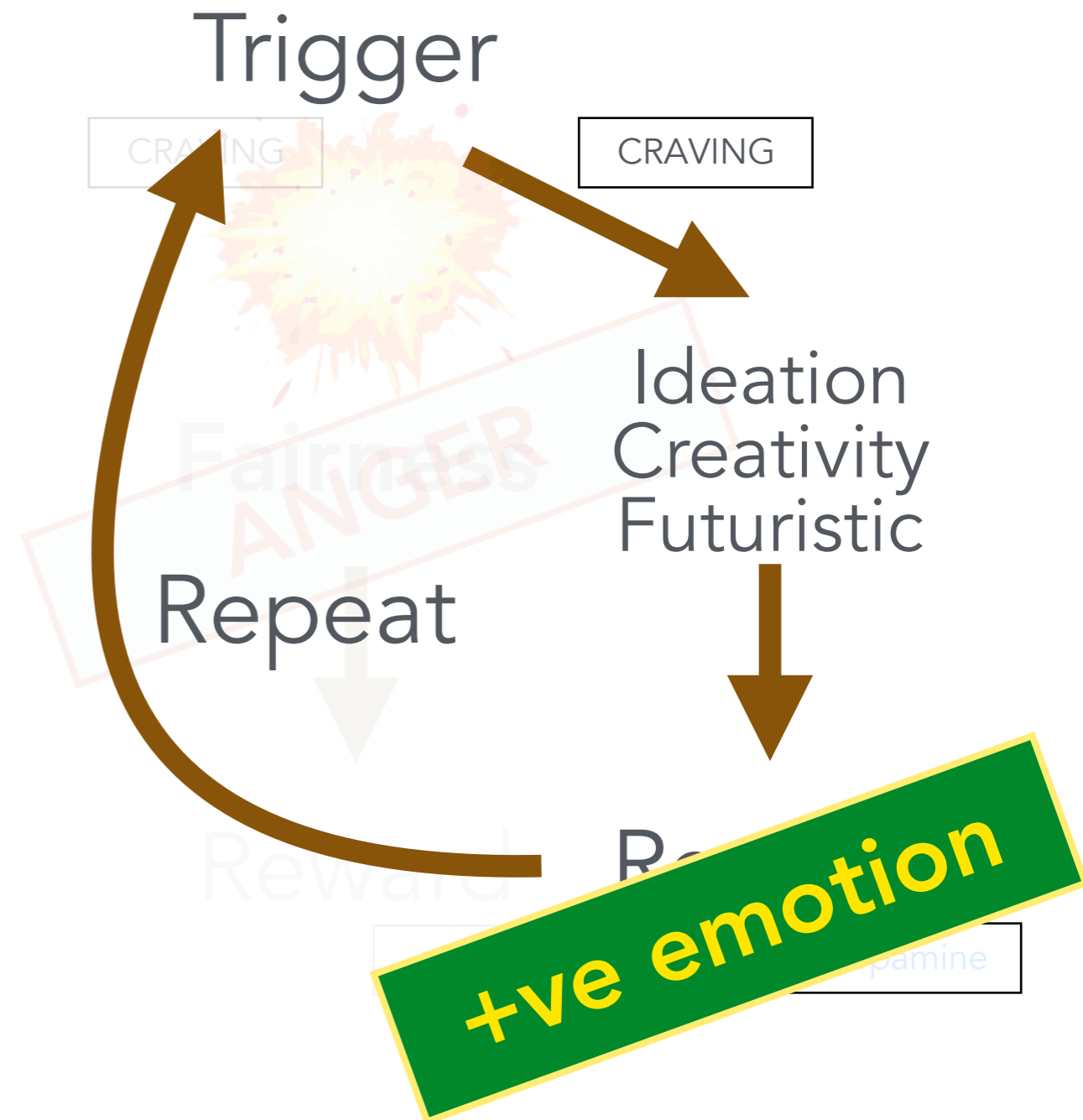
1. Identify the trigger
2. Replace the routine
3. Repeat, repeat, repeat...
4. Hope... Belief



STRENGTH HABIT

Relieving Frustration

1. Identify the trigger
2. Replace the routine
3. Repeat, repeat, repeat...
4. Hope... Belief
5. Support



‘Washing’ is hard work!





‘Washing’ takes...

TIME

Transformation is inevitable

hope

1 Peter 1:14-16

Don't lazily slip back into those old grooves, doing just what you feel like doing. You didn't know any better then; you do now. As obedient 'children', let yourselves be pulled into a way of life shaped by God's life, a life energetic and blazing with holiness. God said, "I am holy; you be holy."

MAX JACOBSEN

INFP

Character Strengths

Creativity

Coming up with original approaches

Spirituality

Having a strong con

Man

Consistency of treatment

Social Intelligence

Feeling the emotional state of others

Operational Strengths

Strategic

Coming up with new BEST approaches

Intellection

Having time to think things through

Adaptability

Operating efficiently under pressure

VALUE IT!

LESLEY BROUGH

ESFJ

Character Strengths

Operational Strengths

Honesty

Fairness

Sincerity

Team Work

Integrity

Justice

Connectedness

Belief

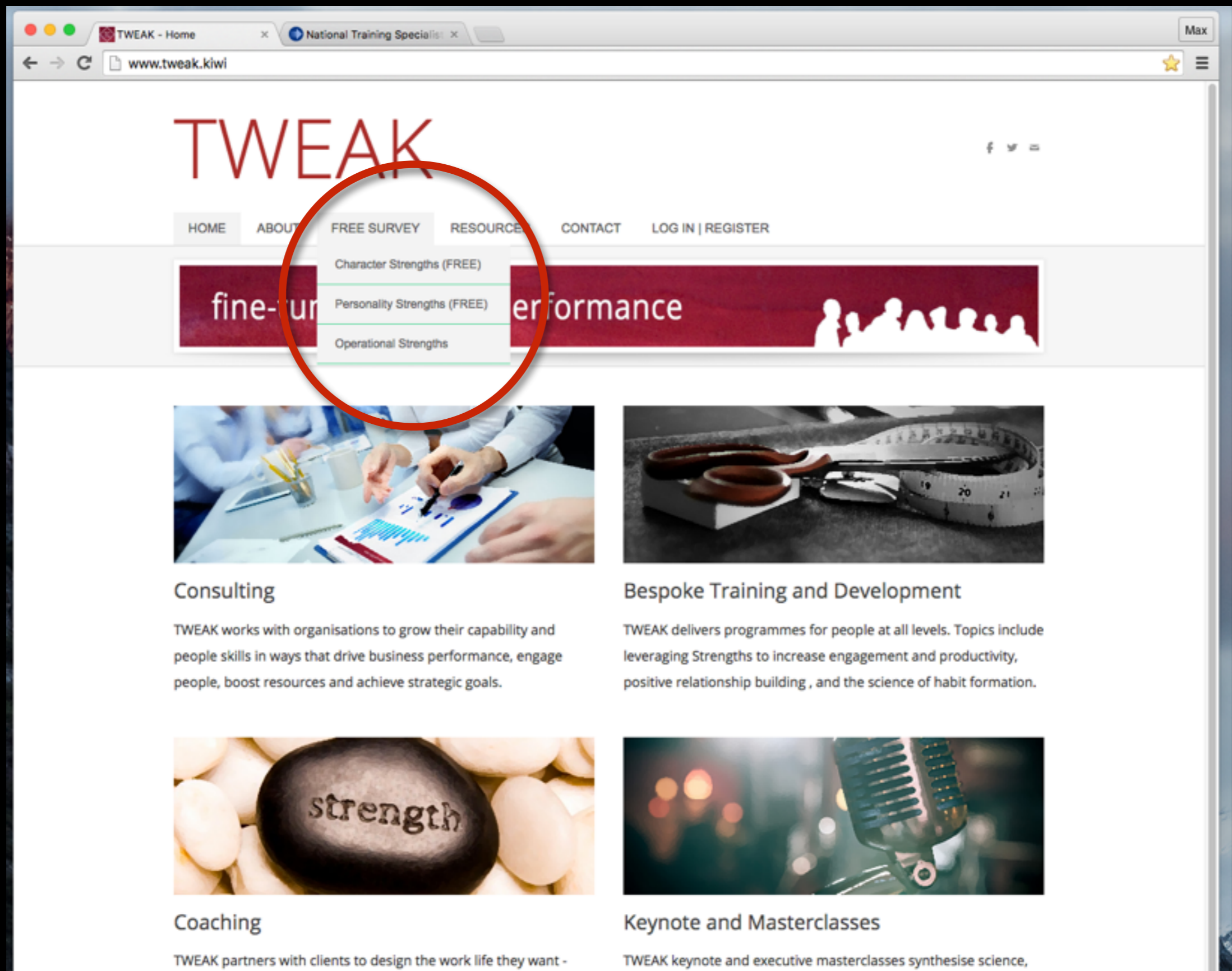
Adaptability

VALUE IT!

HOMEWORK



1. Complete the Surveys



The screenshot shows the TWEAK website (www.tweak.kiwi) with a navigation menu. The 'FREE SURVEY' option is highlighted with a red circle, and its dropdown menu is visible, listing 'Character Strengths (FREE)', 'Personality Strengths (FREE)', and 'Operational Strengths'. The website also features a banner for 'fine-tuning performance' and four service categories: Consulting, Bespoke Training and Development, Coaching, and Keynote and Masterclasses.

TWEAK

HOME ABOUT **FREE SURVEY** RESOURCE CONTACT LOG IN | REGISTER

Character Strengths (FREE)
Personality Strengths (FREE)
Operational Strengths

fine-tuning performance

Consulting

TWEAK works with organisations to grow their capability and people skills in ways that drive business performance, engage people, boost resources and achieve strategic goals.

Bespoke Training and Development

TWEAK delivers programmes for people at all levels. Topics include leveraging Strengths to increase engagement and productivity, positive relationship building, and the science of habit formation.

Coaching

TWEAK partners with clients to design the work life they want -

Keynote and Masterclasses

TWEAK keynote and executive masterclasses synthesise science,

3. Customise your Signature Strengths

MAX JACOBSEN
INFP

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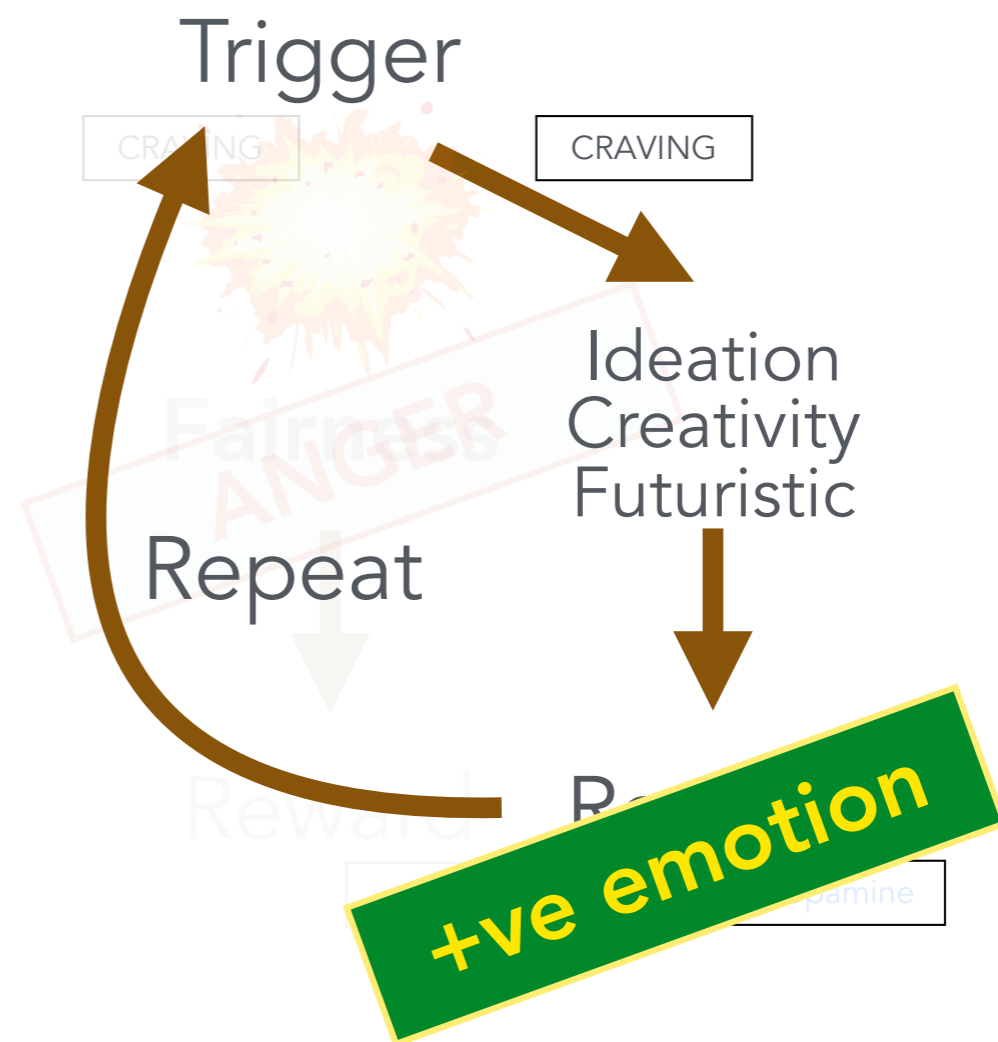
Operating efficiently under pressure

4. Start Relieving Frustration

STRENGTH HABIT

Relieving Frustration

1. Identify the trigger
2. Replace the routine
3. Repeat, repeat, repeat...
4. Hope... Belief
5. Support



BRAIN WASHED
BRAIN WASHED

