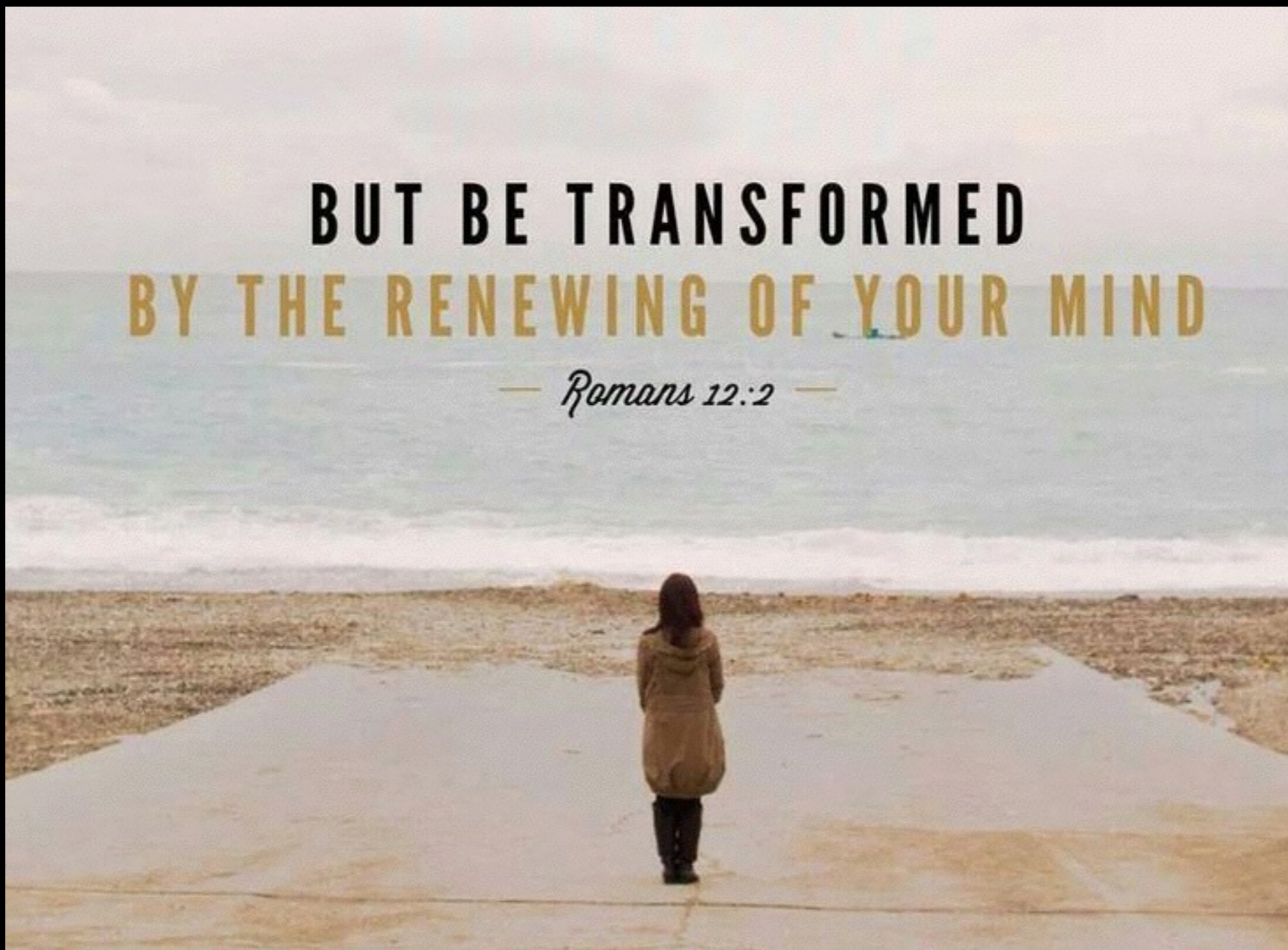


BRAIN WASHED
BRAIN WASHED

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



FOR I KNOW THE
PLANS I HAVE FOR YOU,
DECLARES THE LORD,
PLANS TO PROSPER YOU
AND NOT TO HARM YOU,
PLANS TO GIVE YOU HOPE
AND A FUTURE..

JERE 29:11

One Brain: Two Minds

Thinking One

Decision Making



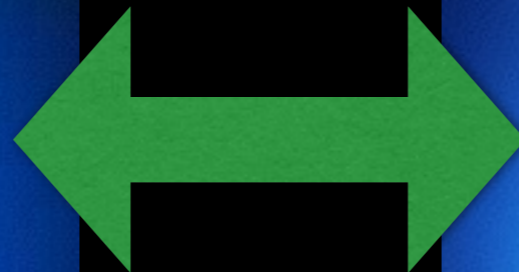
Prefrontal Cortex
Goal Directed

Thinking Two

Automated



Basal Ganglia
Habit Directed



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

These are called Strengths



psychometrics

MBTI

Personality

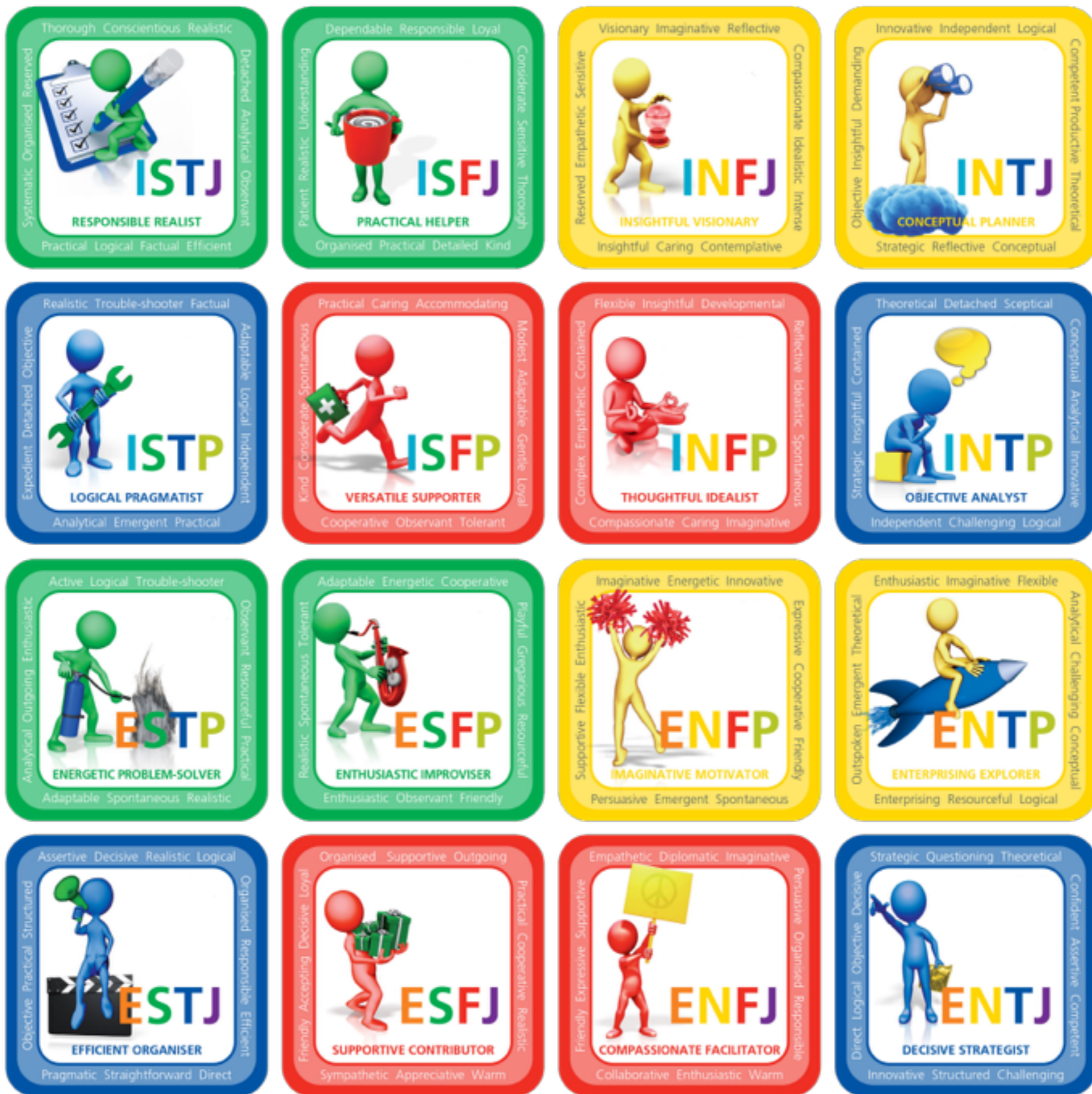
StrengthsFinder

Operational

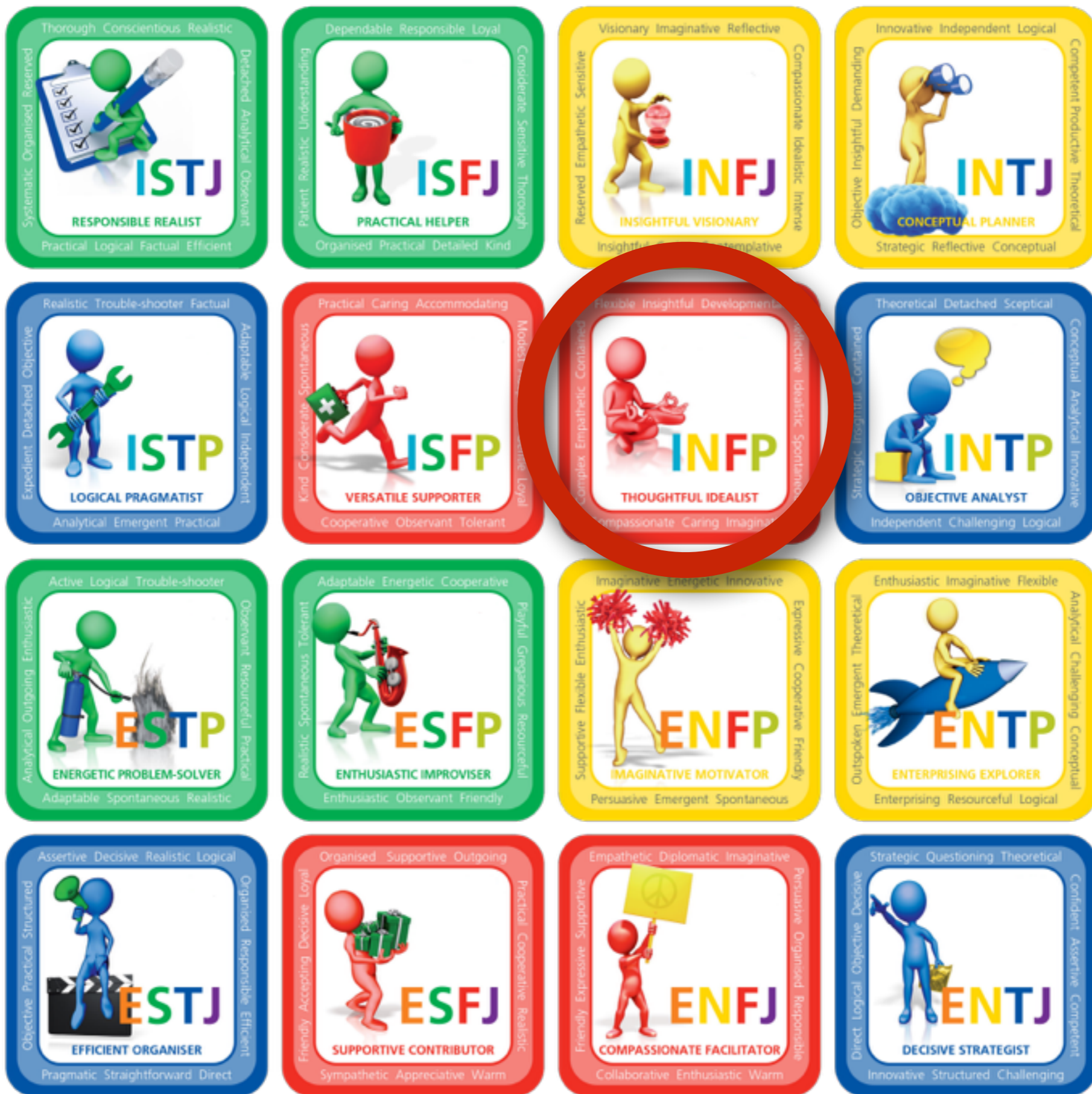
VIA Survey

Character

PERSONALITY



PERSONALITY



PERSONALITY





I N F P
E S T J



Take in information

| | | | |
|---|---|---|---|
| I | N | F | P |
| E | S | T | J |

S

N

Take in information

N

S

Take in information

iNtuition



Senses

N

S

Take in information

iNtuition



Senses



N

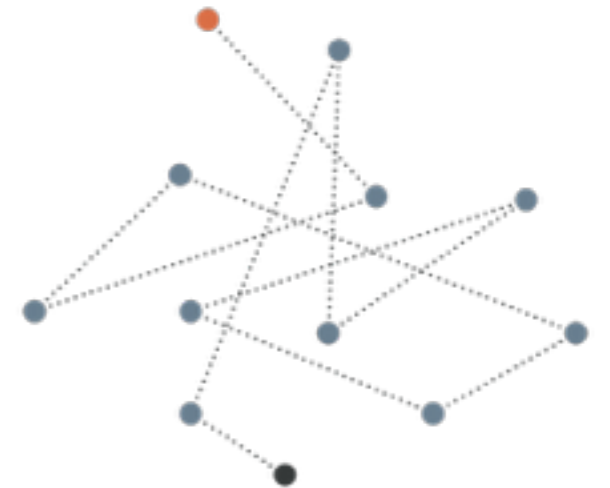
S

Take in information

iNtuition



Senses



TRY IT





Take in information

| | | | |
|---|---|---|---|
| I | N | F | P |
| E | S | T | J |

E I N F P
S T J

Take in information

Make decisions



E I

S

N

T

F

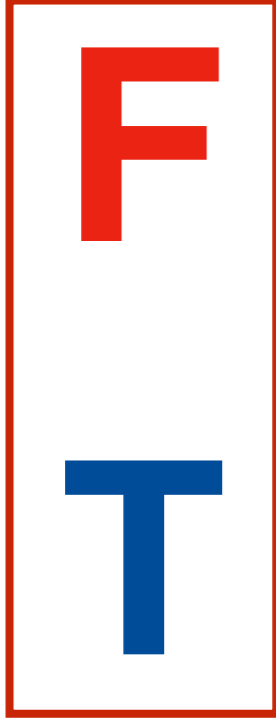
J

P

Take in information

Make decisions





Make decisions

Make decisions

F

T

Feeling



Thinking

Make decisions

F

T

Feeling



Thinking

$$1 + 4 = 5$$

$$2 + 5 = 12$$

$$3 + 6 = 21$$

$$8 + 11 = ?$$

Make decisions

F

T

Feeling



Thinking



$$1 + 4 = 5$$

$$2 + 5 = 12$$

$$3 + 6 = 21$$

$$8 + 11 = ?$$

E I

S

N

T

F

J

P

Take in information

Make decisions



E

I

Where we process

S

N

Take in information

T

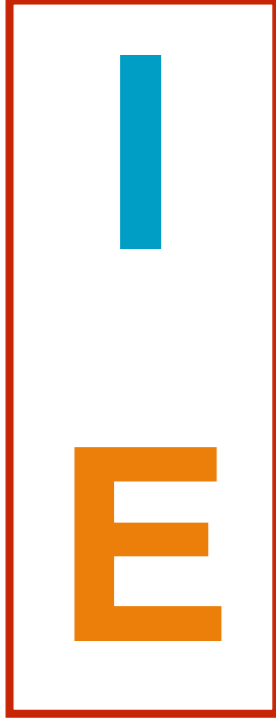
F

Make decisions

J

P





Where we process

Where we process

I

E

Introvert



Extravert

Where we process

I

E

Introvert



Extravert

Where we process

I

E

Introvert



Extravert



E

I

Where we process

S

N

Perceiving

T

F

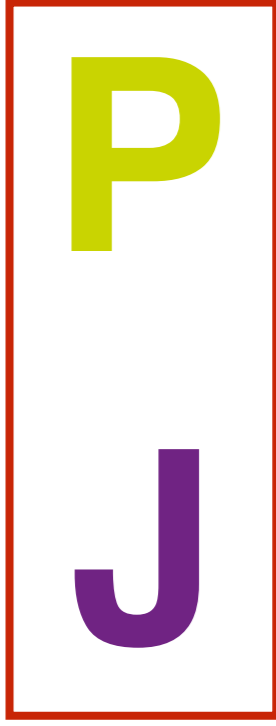
Judging

J

P

Show the world





Show the world

Show the world

P

J

Perceiving



Judging

Show the world

P

J

Perceiving

(N or S)



Judging

Show the world

P

J

Perceiving

(N or S)



Judging

(T or F)

E

I

Where we process

S

N

Perceiving

T

F

Judging

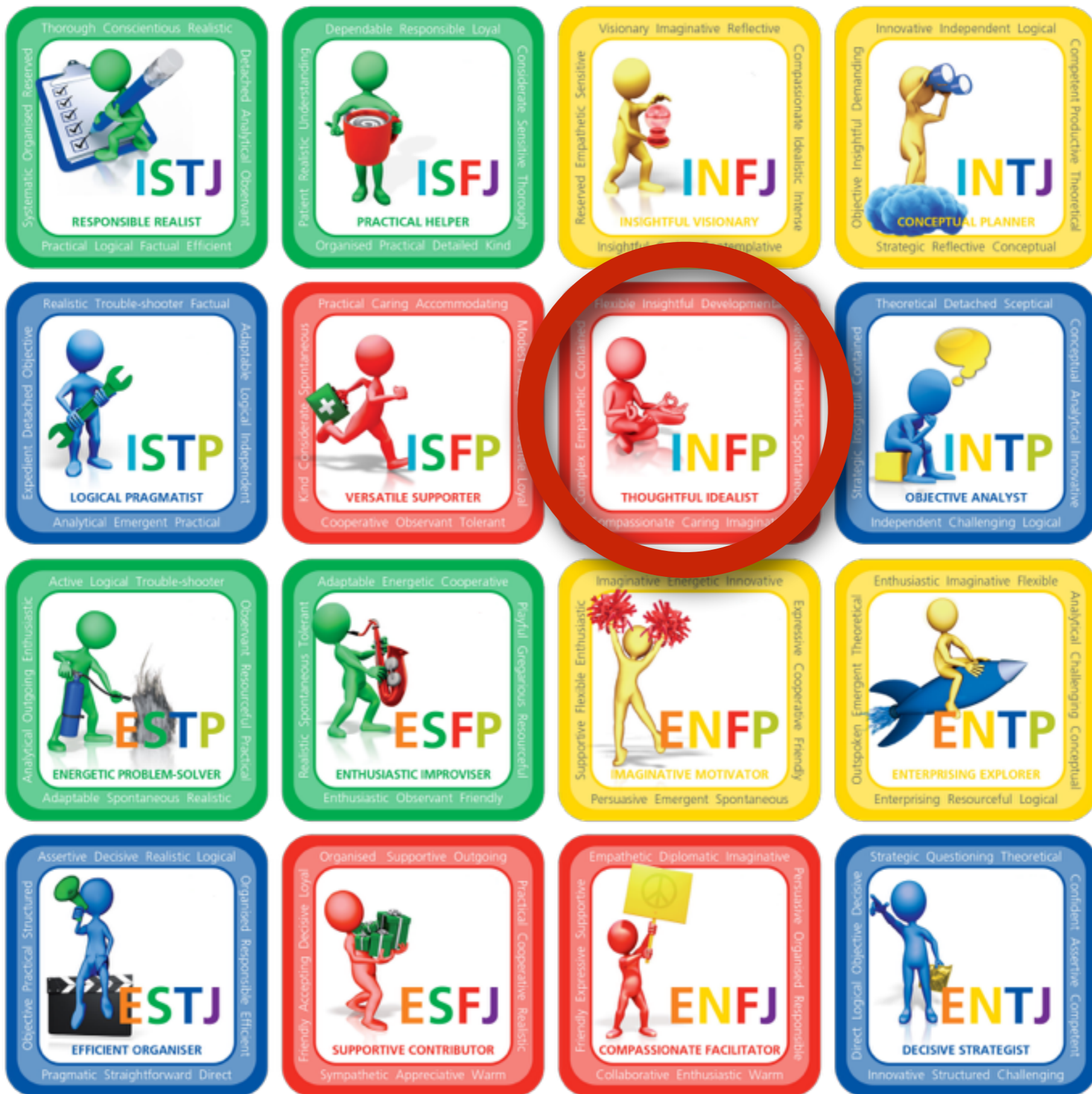
J

P

Show the world



PERSONALITY



| | You | Spouse/Parent/Friend | Pastor Paul |
|---|-----|----------------------|-------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |

| | A | B | C | D |
|-------|--------------------------------------|--|--------------------------------------|-----------------------------|
| Moto: | “Let’s be accurate and responsible.” | “Let’s be practical and service-oriented.” | “Let’s be insightful and inspiring.” | “Let’s be entrepreneurial.” |

| | A | B | C | D |
|--------------------|--------------------------------------|--|--------------------------------------|-------------------------------------|
| Moto: | “Let’s be accurate and responsible.” | “Let’s be practical and service-oriented.” | “Let’s be insightful and inspiring.” | “Let’s be entrepreneurial.” |
| Like work that is: | efficient and data-oriented. | social and service-oriented. | creative and growth-oriented. | effective and competition-oriented. |

| | A | B | C | D |
|--------------------|--------------------------------------|--|---------------------------------------|-------------------------------------|
| Moto: | “Let’s be accurate and responsible.” | “Let’s be practical and service-oriented.” | “Let’s be insightful and inspiring.” | “Let’s be entrepreneurial.” |
| Like work that is: | efficient and data-oriented. | social and service-oriented. | creative and growth-oriented. | effective and competition-oriented. |
| Contribute by: | developing policies and procedures. | delivering ‘customer’ service. | describing ideals worth striving for. | designing theoretical concepts. |

| | A | B | C | D |
|---------------------------|---|---|--|--|
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| Look for: | stability, accountability, and control. | connection, personal interaction and support. | personal meaning, self-expression, and growth. | rationality, opportunity, and long-range vision. |

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| Have as a goal: | Efficiency | Helping others | Empowerment | Mastery |

| | A | B | C | D |
|-------------------------------|--|---|---|--|
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| Have as a goal: | Efficiency | Helping others | Empowerment | Mastery |
| Ask questions such as: | “How will it be done and how much does it cost?” | “Who will it affect? Who will do it and how?” | “How will it be communicated and who will it impact?” | “What is the latest and most relevant theory or strategy?” |

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| | ST | SF | NF | NT |
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| Want teams to focus on: | the essential point | offering support | giving encouragement | systems |

'languages'

'languages'
(TRIGGERS)

| ST's enjoy communication that is: | ST's are turned off by: |
|--|--|
| <ul style="list-style-type: none"> • short, crisp, businesslike • impersonal • factual and credible • sequential • non-biased • relevant | <ul style="list-style-type: none"> • vague statements • errors of fact • untried methods • brainstorming with no practical outcome |
| Keys for connecting with ST's: <ul style="list-style-type: none"> • be brief • be sequential | |

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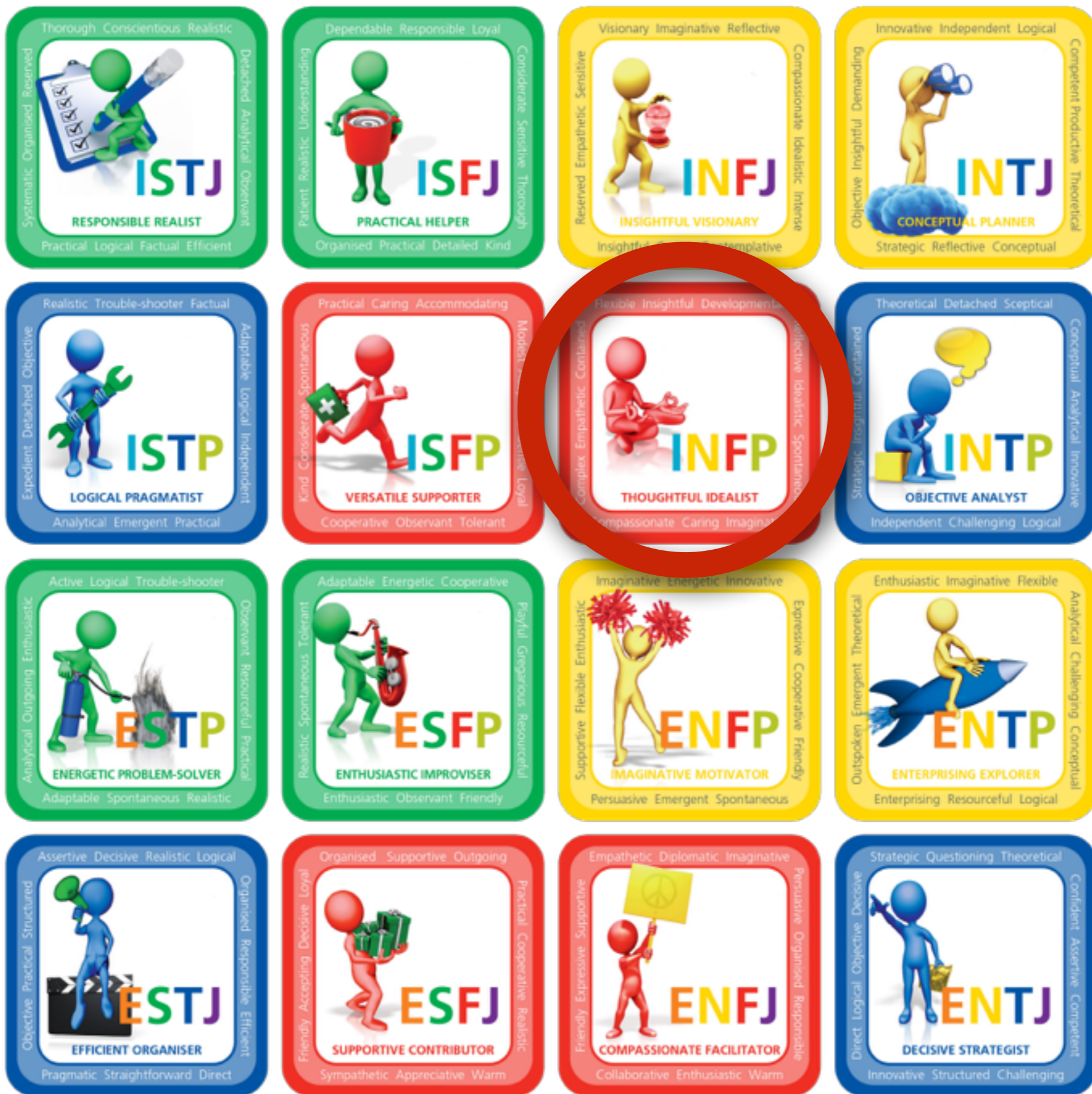
| SF's enjoy communication that is: | SF's are turned off by: |
|--|--|
| <ul style="list-style-type: none"> • personalized • step by step • understanding of their position • practical and results-oriented • complete with examples • centered on building the relationship | <ul style="list-style-type: none"> • theoretical possibilities • criticism of others • a 'cookie-cutter' approach • logic without soul • future projections |
| Keys for connecting with SF's: <ul style="list-style-type: none"> • be friendly • allow for hands-on experience | |

| NF's enjoy communication that is: | NF's are turned off by: |
|---|---|
| <ul style="list-style-type: none"> • full of new insights and perspective • enjoyable and fun • big picture • associative, not sequential • concerned with harmony • fuel for brainstorming | <ul style="list-style-type: none"> • playing politics • put-downs • pushiness • detail • documentation, paperwork • insensitivity |
| <p>Keys for connecting with NF's:</p> <ul style="list-style-type: none"> • be idealistic • focus on enabling growth in others | |

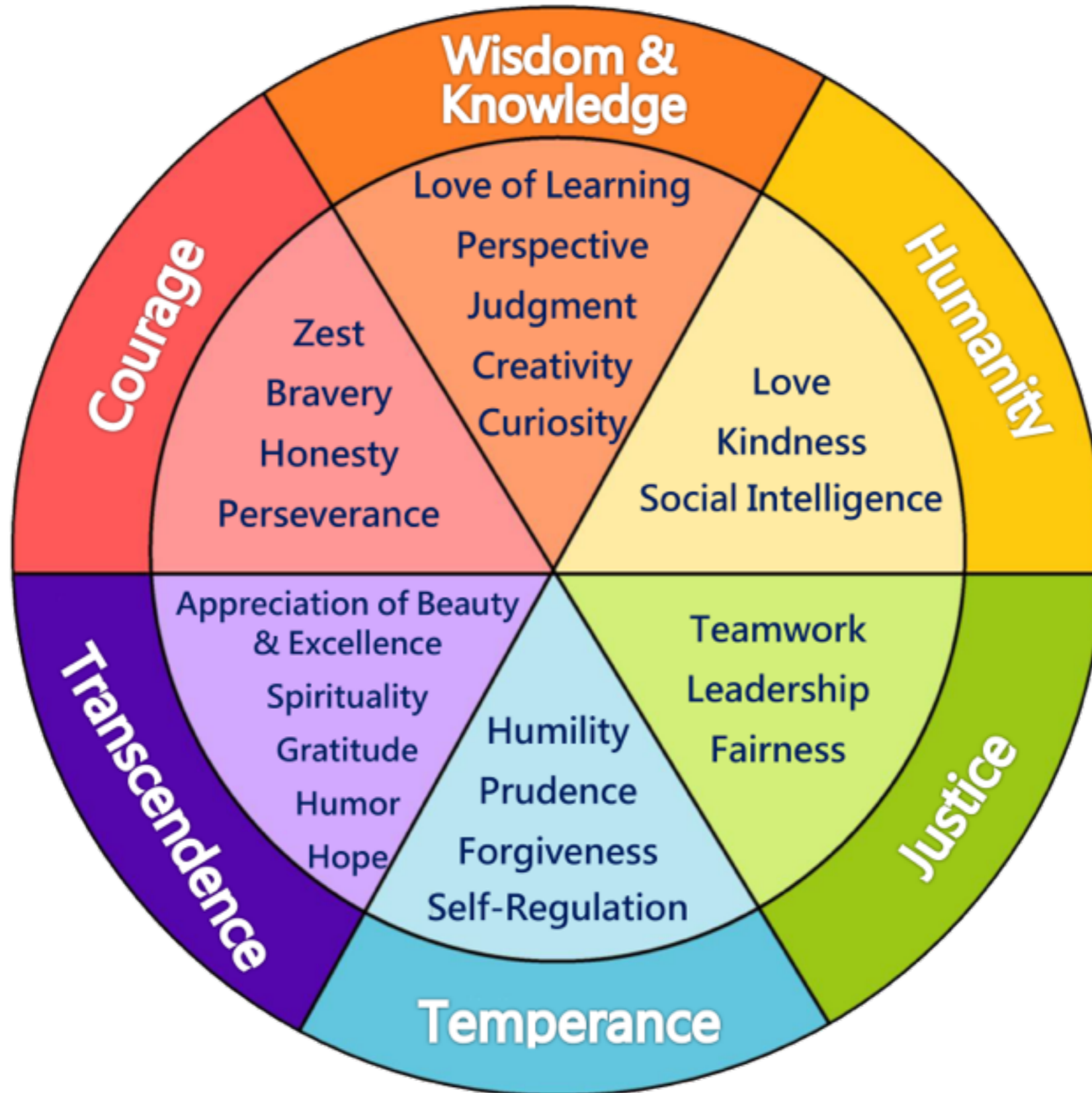
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| Keys for connecting with NF's: <ul style="list-style-type: none"> • be idealistic • focus on enabling growth in others | |

| NT's enjoy communication that is: | NT's are turned off by: |
|---|---|
| <ul style="list-style-type: none"> • organised • straightforward • big picture • consider future implications • complete with underlying theory, research • full of options | <ul style="list-style-type: none"> • being told all the answers • hype • administrative detail • repetition • short-term outlook |
| Keys for connecting with NT's: <ul style="list-style-type: none"> • be prepared to be challenged • let them draw their own conclusions | |

PERSONALITY



CHARACTER



Executing



Achiever
Arranger
Belief
Consistency
Deliberative
Discipline
Focus
Responsibility
Restorative

Influencing



Activator
Command
Communication
Competition
Maximizer
Self-Assurance
Significance
Woo (Winning others over)

Relating



Adaptability
Developer
Connectedness
Empathy
Harmony
Includer
Individualization
Positivity
Relator

Thinking



Analytical
Context
Futuristic
Ideation
Input
Intellection
Learner
Strategic

HOMEWORK



1. Repeat the Philippians 4:8 Habit *(10 minutes per day)*

1. Create a Routine.

List three things that you have observed in your day that reflect one of the qualities in Philippians 4:8. Describe what they made you feel like.

2. Create a Trigger.

Place a piece of paper and a pen on your pillow and action the routine before going to sleep.

3. Find a suitable Reward.

"I will reward myself by ..."

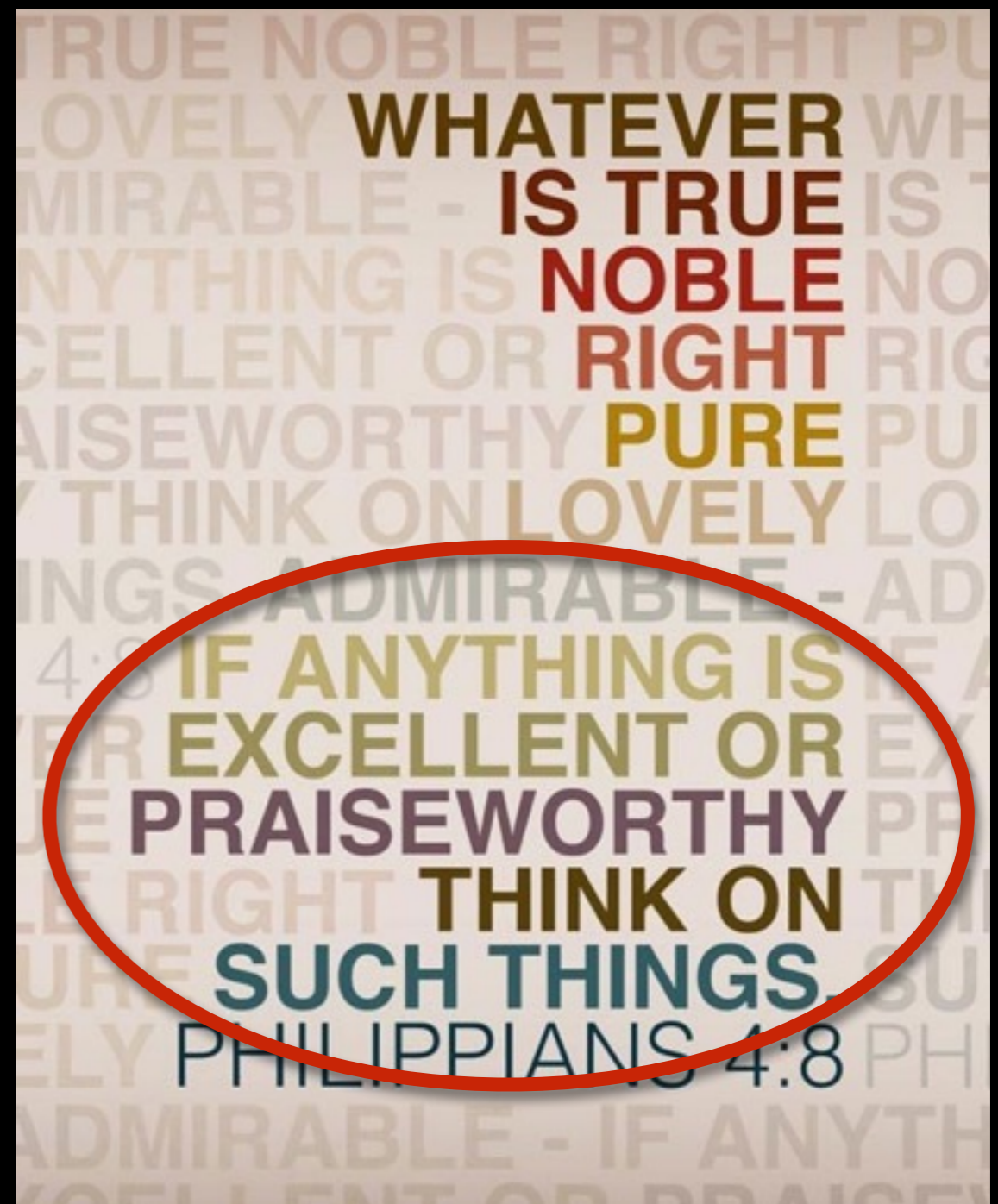
4. Create a "chain".

Put a cross for each success on the calendar

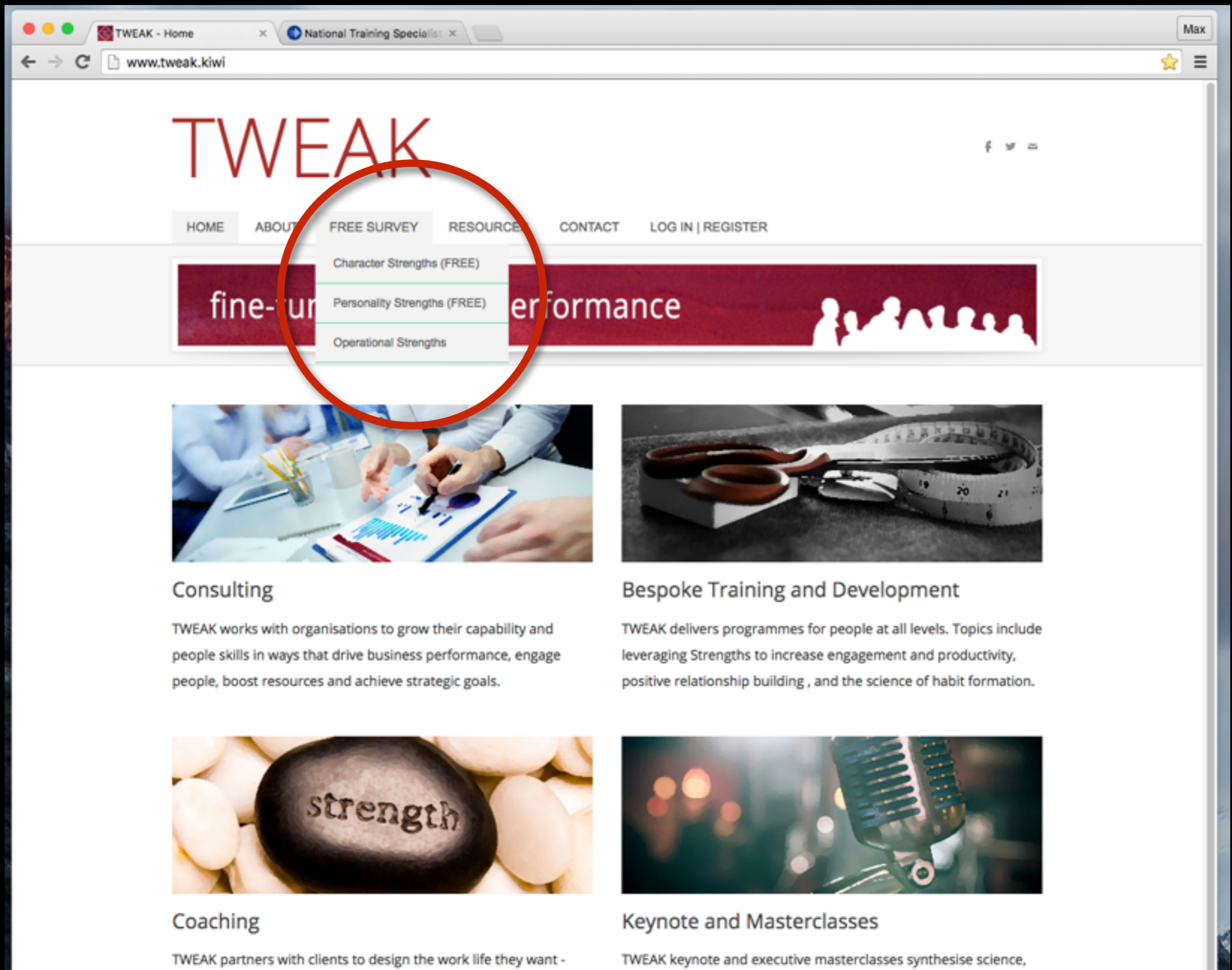
5. List the distractors.

~~"I'm too tired!"~~ ~~"This isn't working!"~~

6. REPEAT, REPEAT, REPEAT, REPEAT, REPEAT...



2. 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. Family, Friends and Colleagues

| | ST | SF | NF | NT |
|----------------------------------|--|---|---|--|
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‘Washing’ is hard work!



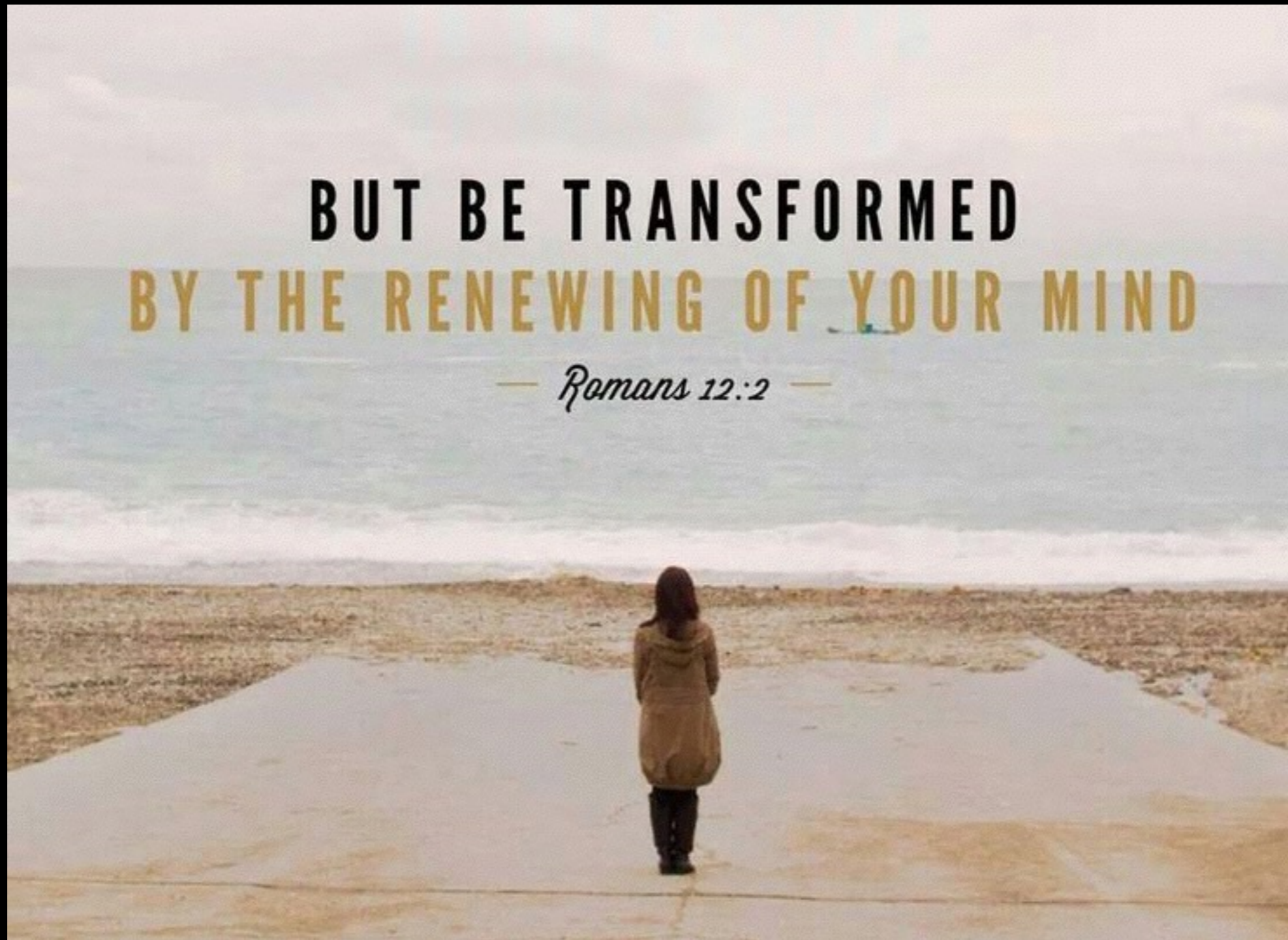


‘Washing’ takes...

TIME

Transformation is inevitable

hope



We're going to focus on what's STRONG while we restore what's wrong!