



LOVE GOD • LOVE PEOPLE • CHANGE THE WORLD

NEW
YEAR

New Year's Resolutions?

✓ GOAL

✓ PLAN

✓ ACTION



Chaldean Nation

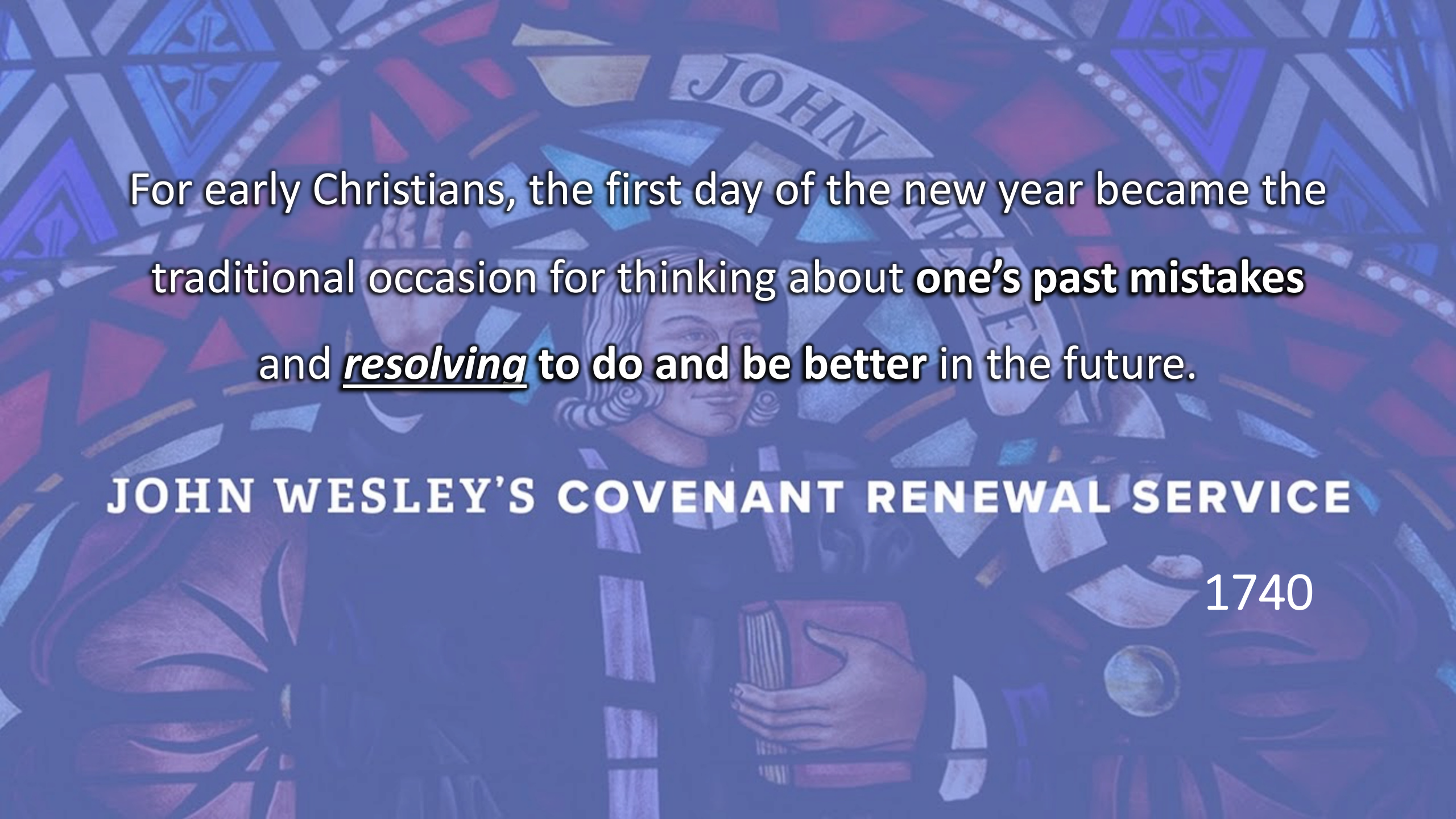
They began...

CHALDEAN NEW YEAR

4,000 years ago, after the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also **made promises to the gods to pay their debts and return any objects they had borrowed.**



Around 46 BC Julius Caesar established January 1 as the beginning of the new year. Named for Janus, the two-faced god whose spirit inhabited doorways and arches, January had special significance for the Romans. Believing that Janus symbolically **looked backwards** into the previous year and **ahead into the future**, the Romans offered **sacrifices to the deity and made promises of good conduct for the coming year.**

A stained glass window featuring a central figure, likely John Wesley, holding a book. The name "JOHN WESLEY" is inscribed in an arch above the figure. The window is composed of various colored glass panes in shades of blue, red, and gold.

For early Christians, the first day of the new year became the traditional occasion for thinking about **one's past mistakes** and **resolving to do and be better** in the future.

JOHN WESLEY'S COVENANT RENEWAL SERVICE

1740

¹⁷ Therefore, if anyone is in Christ, he is a **new creation**.

The old has passed away; behold, the **new has come**.

In fact, last Sunday many pastors probably used this verse

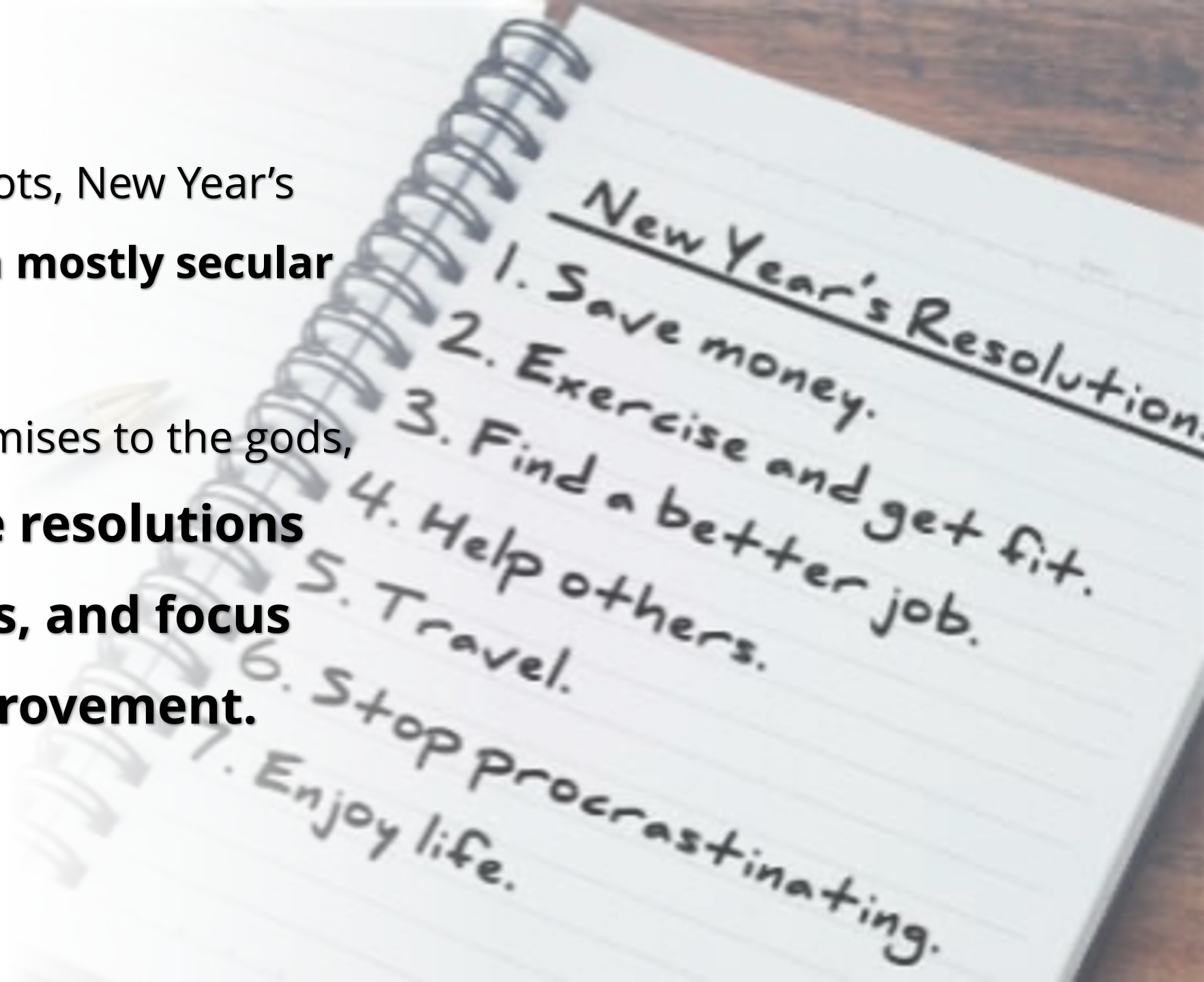
LIFE IS HARD. *God is good.*

2 C O R I N T H I A N S



Despite its religious roots, New Year's resolutions today are a **mostly secular practice**.

Instead of making promises to the gods, **most people make resolutions only to themselves, and focus purely on self-improvement.**



New Year's Resolution

1. Save money.
2. Exercise and get fit.
3. Find a better job.
4. Help others.
5. Travel.
6. Stop procrastinating.
7. Enjoy life.

trans·for·ma·tion

/ tran(t)sfər'māSH(ə)n/

noun

1. a thorough or dramatic change in form or appearance.

Most are not satisfied with where they are and want a change

Forbes

For 2024, these are the most popular goals:

- Improved fitness (48%)
- Improved finances (38%)
- Improved mental health (36%)
- Lose weight (34%)
- Improved diet (32%)



2024

January

SUN MON TUE WED THU FRI SAT

80% of people feel confident that they can reach their goals



	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

I GOT THIS!

2024

January

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
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23% have quit



2024

January

SUN	MON	TUE	WED	THU	FRI	SAT
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Almost half don't make it to here!



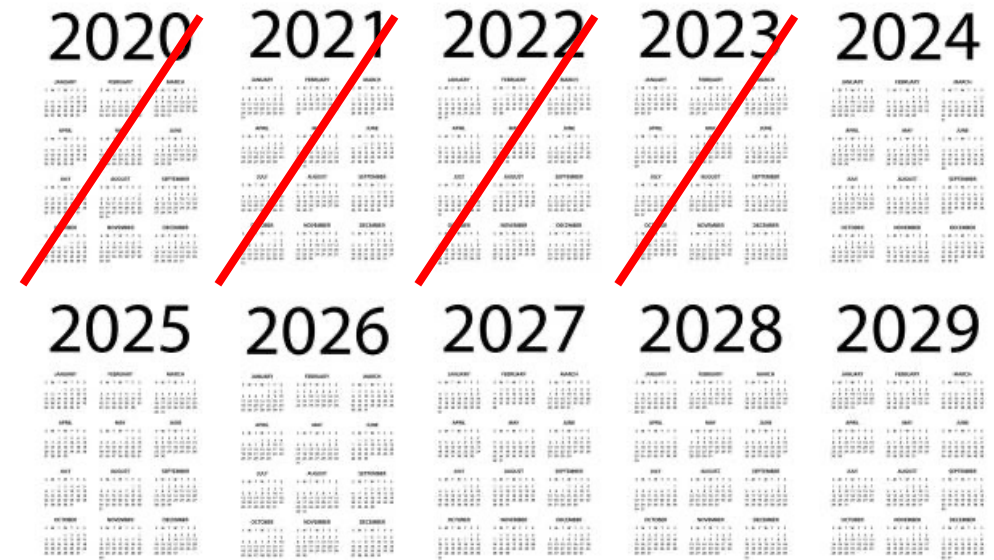


HARDER THAN YOU THINK!

Forbes

For ~~2020~~ ~~2021~~ ~~2022~~ ~~2023~~ **2024**, these are the most popular goals:

- Improved fitness (48%)
- Improved finances (38%)
- Improved mental health (36%)
- Lose weight (34%)
- Improved diet (32%)



Weren't those last year's as well?



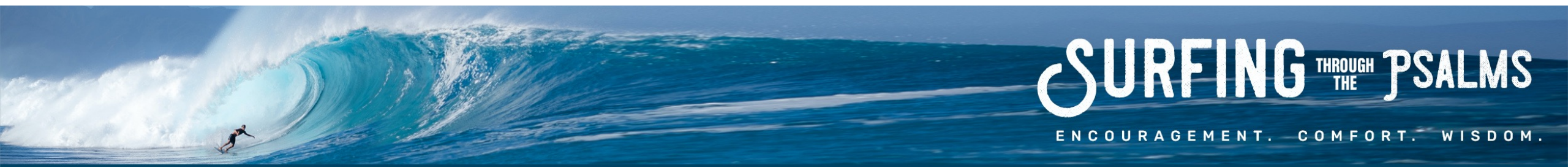
When you try and fail,
you **cement the old behavior**

Psalm 127



¹ *Unless* the **Lord builds the house,**
the **builders labor in vain.**

Jon wanted me to share with you the things I've learned about transformation



trans·for·ma·tion

/ tran(t)sfər'māSH(ə)n/

noun

1. a thorough or dramatic change in form or appearance.

Results are not where they want, or
they don't know if they will get there

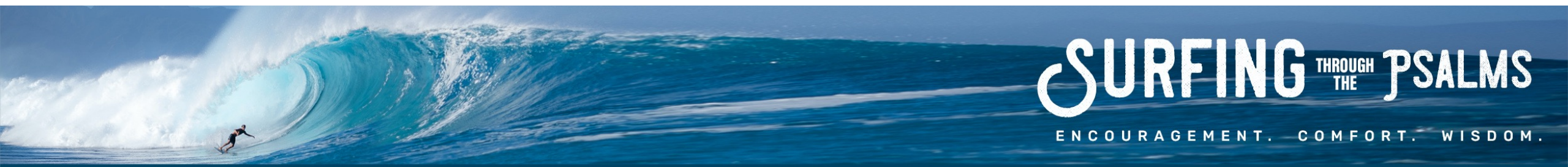


Psalm 127



¹ *Unless* the Lord builds the house,

See what the Lord says about transformation



SURFING THROUGH THE **PSALMS**
ENCOURAGEMENT. COMFORT. WISDOM.

² Do not conform to the pattern of this world,
but be transformed by the renewing of your mind.

transformed is "Passive Voice" which indicates
that this process is being performed by an outside force



Those who achieve
SUPERIOR PERFORMANCE
have a common theme,
each person at some stage has gone
outside themselves to **seek support.**

Whether it is a mentor, mastermind group, **COACH**,
they got some **outside perspective.**

COACH

/kōCH/

Noun



1. a coach was a **vehicle** that conveyed a person of value from where they are to **where they wanted to be.**

We are vehicles to help them get to the change they desire

COACH

/kōCH/

Noun



1. a coach was a **vehicle** that conveyed a person of value from where they are to **where they wanted to be.**

We are vehicles to help them get to the change they desire

How?

COACH

/kōCH/

Noun



1. a coach was a **vehicle** that conveyed a person of value from where they are to **where they wanted to be.**

We are vehicles to help them get to the change they desire

They have to want it!

You are in control of your
development and growth.

No one else can learn
and take action for you.

You have to own it!

**LEADERSHIP
DEVELOPMENT**

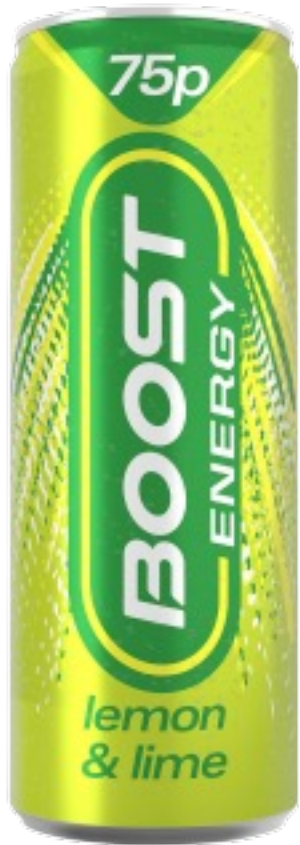
They have to know their...



WHY?

WHY helps us determine our **intent**, which is our **desire** to undertake an activity.

WHY is the most powerful psychological question to **boost motivation.**



ENERGY is the \$ of HIGH PERFORMANCE

The more **ENERGY** you spend toward something,
the more you are **able to achieve it!**

28 “But don’t begin until you **count** the **cost**.

For who would begin construction of a building
without first **calculating** the **cost** to see

Most people don’t!

Not everyone is willing to do what is required.



Most are looking for a



OZEMPIC® 0,25 mg

solution injectable en stylo prérempli
sémaglutide
voie sous-cutanée

une fois par semaine

1 stylo

une fois par semaine

Novo Nordisk A/S

EXP /
Lot :

10/2024
MP5E420

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There isn't one!

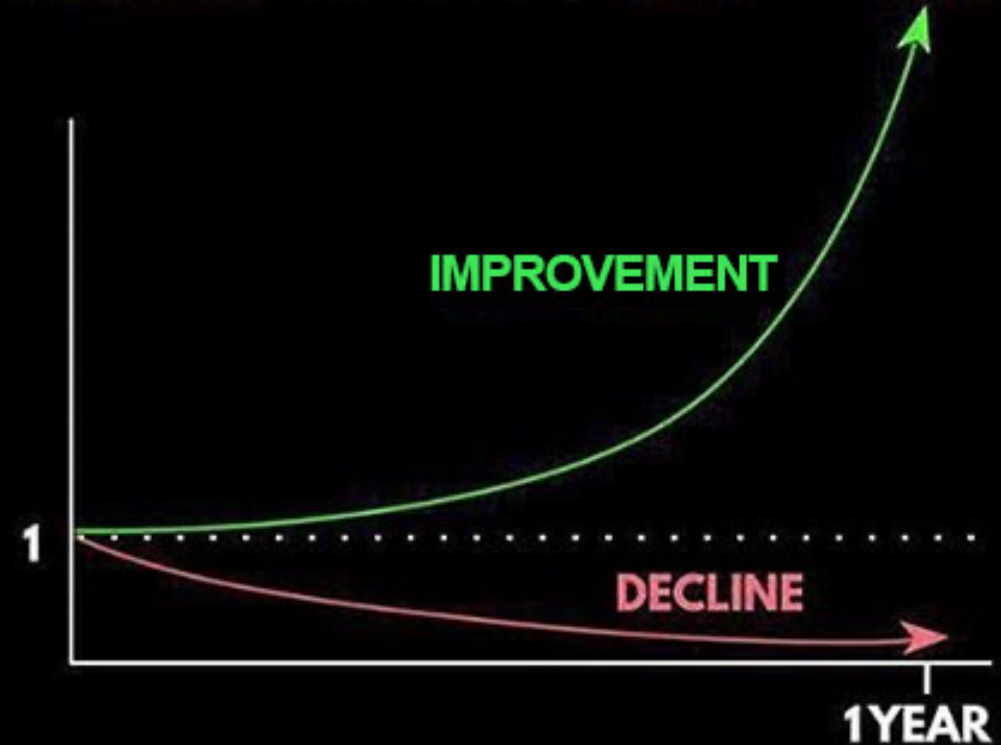
- It is an overall pursuit that requires uncomfortableness, commitment and a relentless amount of **ENERGY** to do it over and over again

THE TRUE POWER OF TINY GAINS

1% **BETTER** EVERY DAY $1.01^{365} = 37.78$

1% **WORSE** EVERY DAY $0.99^{365} = 0.03$

You don't have to
be *consistently great*,
you just need to
be *great* at **consistency**



DON'T UNDERESTIMATE THE **POWER** OF
SMALL, CONSISTENT PROGRESS. IT ADDS UP!

Hebrews 12

And let us **run with perseverance** the race marked out for us,

² fixing our eyes on Jesus, the pioneer and perfecter of faith.

For the joy set before him he **endured** the cross, scorning its shame,

and sat down at the right hand of the throne of God.

³ Consider him who **endured** such opposition from sinners,

so that you will **not grow weary** and **lose heart**.

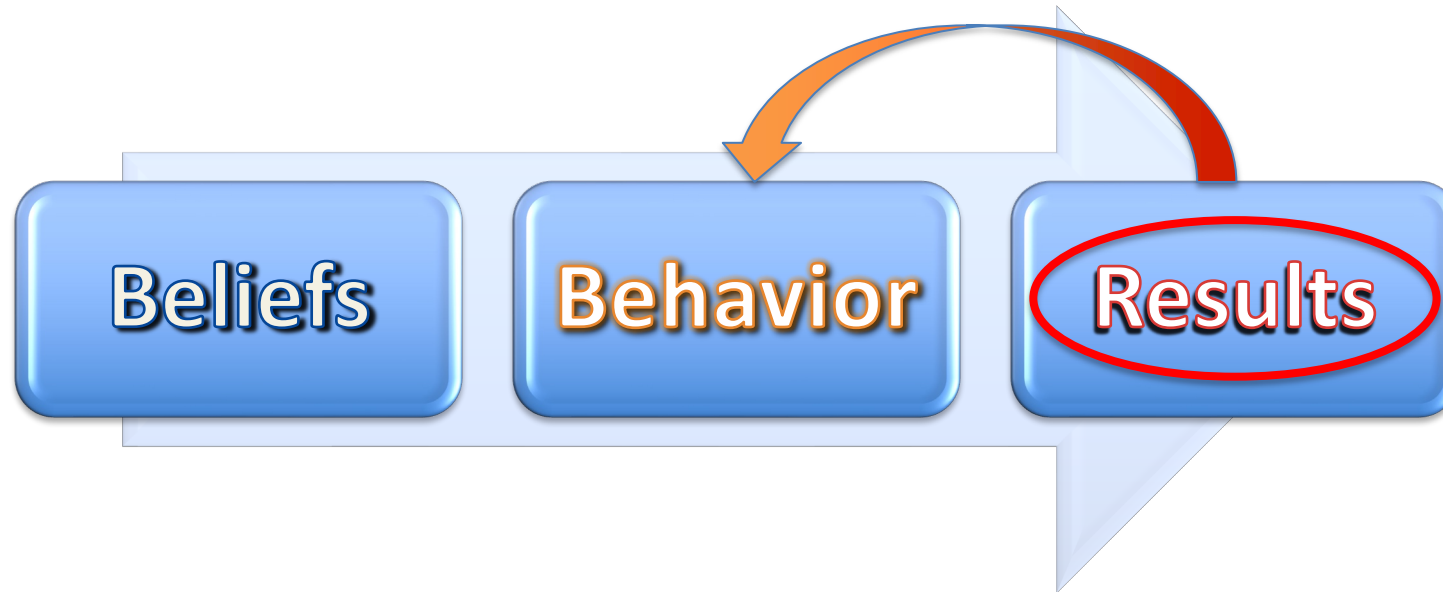
No quick fix!



LOVE GOD • LOVE PEOPLE • CHANGE THE WORLD

² Do not conform to the pattern of this world,
but be **transformed** by the renewing of your mind.

Second, you have to realize there is some pattern
of behavior that got you to where you are



The results are usually a product of your behaviors



Most people try to modify their behaviors

No lasting change

2024

January

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
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Most were trying to modify their behaviors

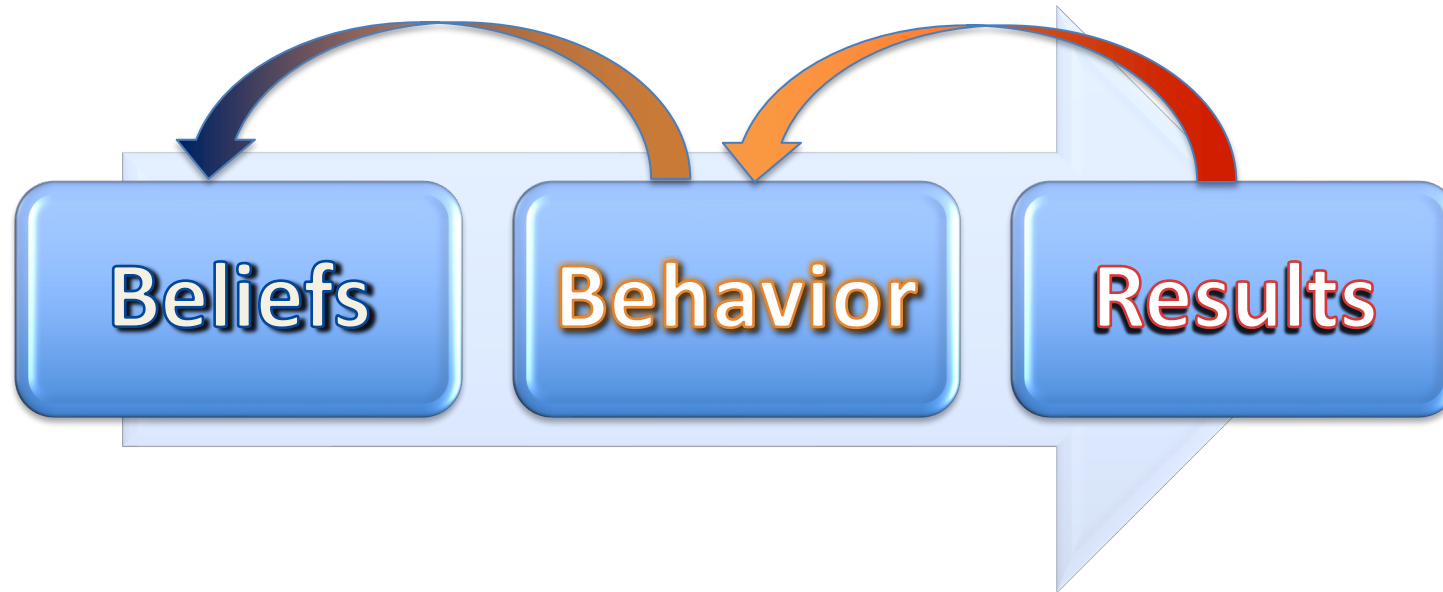
Almost half don't make it to here!





Without changing the beliefs that drive those behaviors

Most people try to modify their behaviors



Without changing the beliefs that drive those behaviors

Most people try to modify their behaviors

What "religion" does

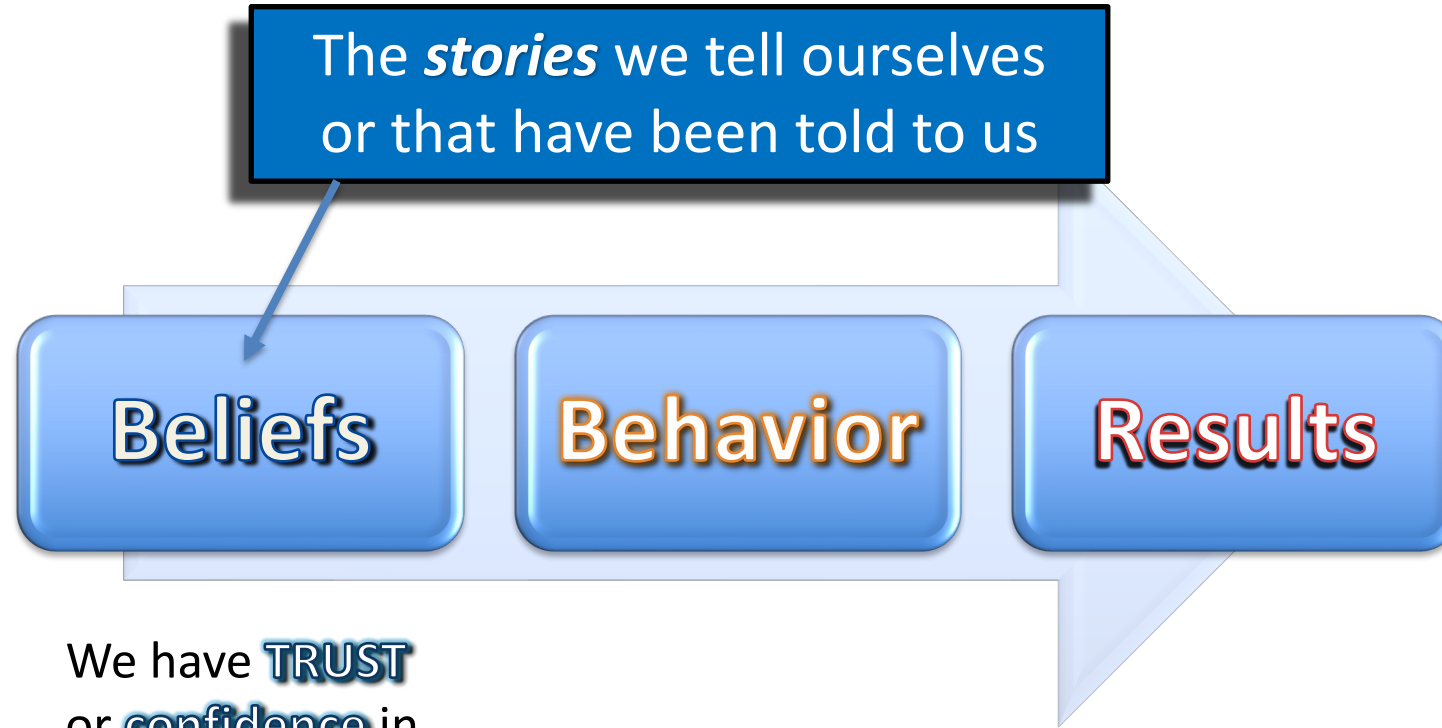
be·lie·f

What do you mean by belief?

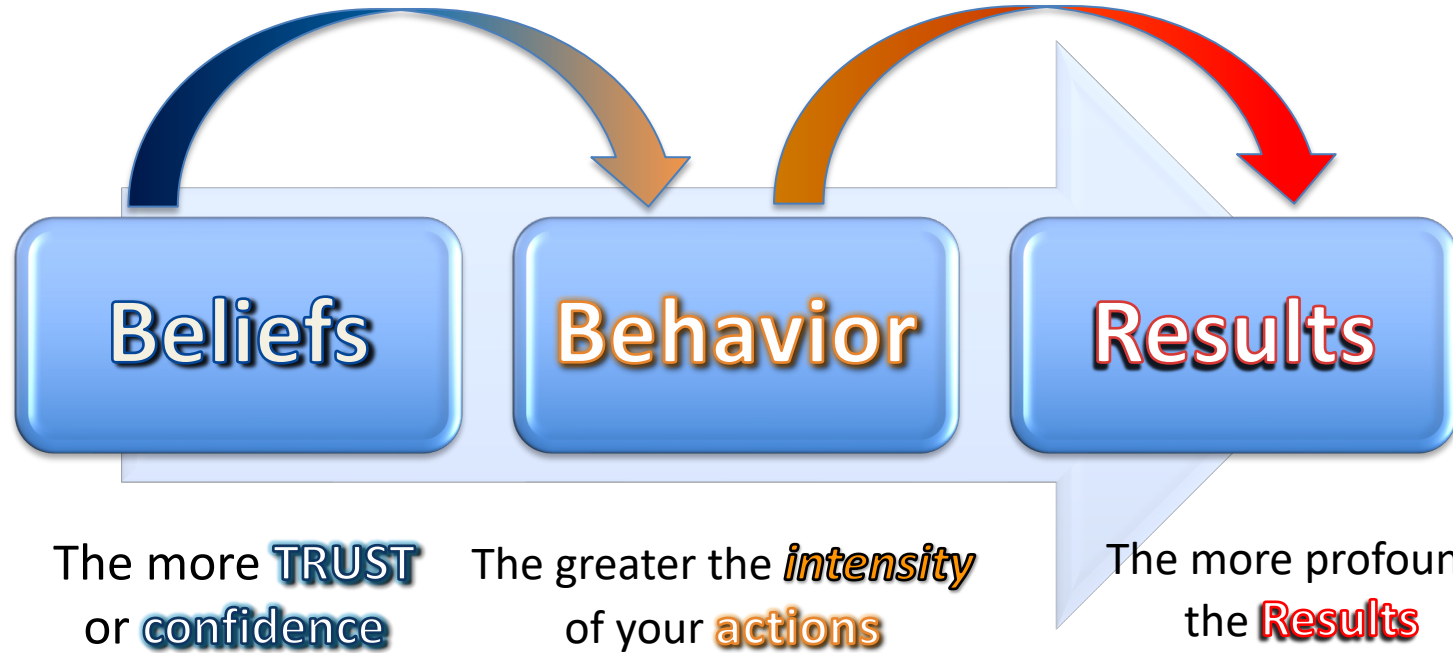
/bə'li:f/

noun

1. a **state of mind** in which **TRUST** or **confidence** is placed in some person or thing



We have **TRUST**
or **confidence** in



WHY?



be·lief

/bə'li:f/

noun

Beliefs are generally formed in 2 ways:
1) by accepting what others tell us to be true

1. a **state of mind** in which TRUST or confidence is placed in **some person** or thing

be·lief

/bə'lēf/

noun

Beliefs are generally formed in 2 ways:
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1. a **state of mind** in which TRUST or **confidence** is placed in **some person** or thing

Ever tried to change someone's beliefs?

² Do not conform to the **pattern** of this world,
but be **transformed** by the renewing of your **mind**.

voũç noũs, nooce; the intellect, mind, understanding.

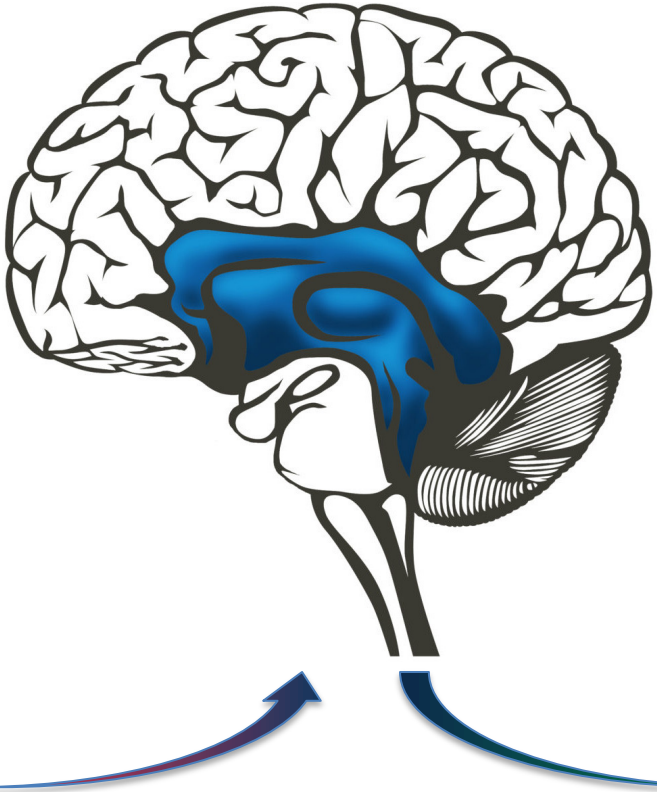
You will waste a lot of **ENERGY** if you
don't know how the mind works

Sequence to *accepting* what you say

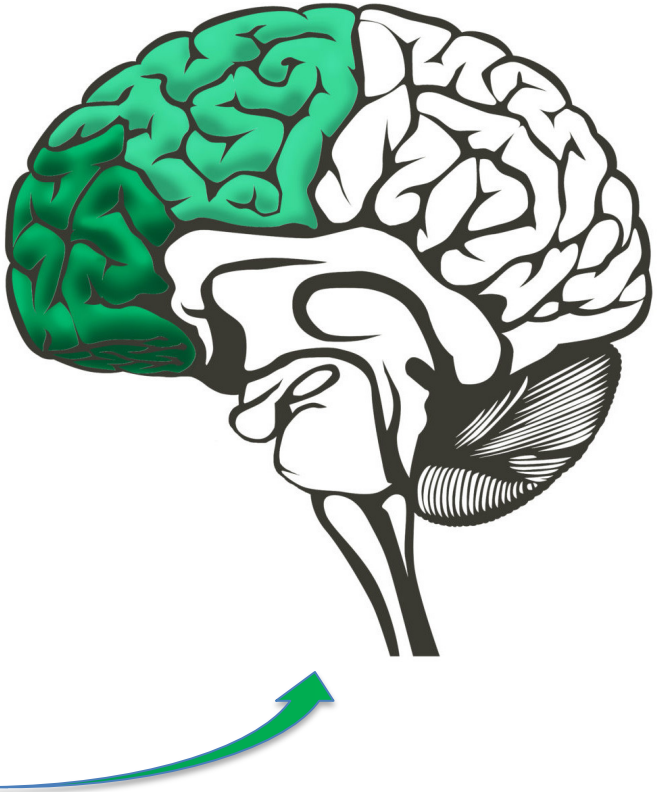
“Am I safe?”



“Do you care?”



“What can I learn?”



Survival State – Brain Stem

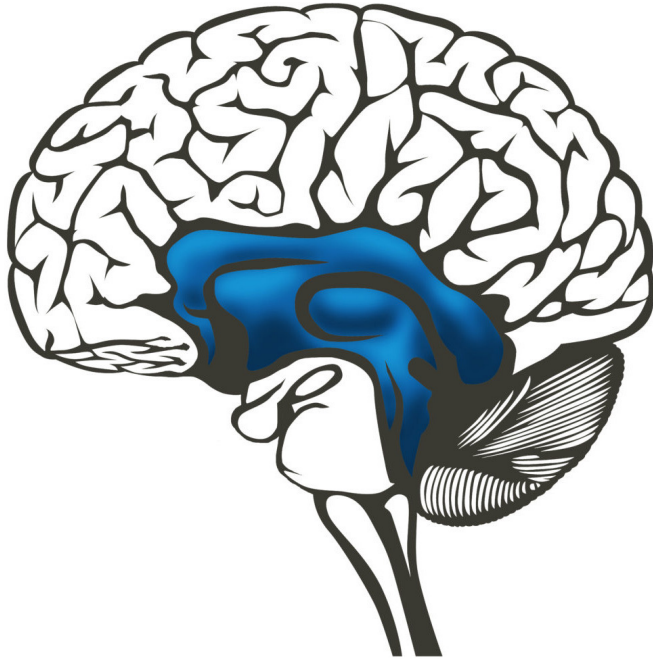


Survival State asks the question, *“Am I safe?”*

If the answer is no, we tend to **Fight, Flight, or Freeze**.

Our brain begins to shift the blood and oxygen supply away from the part of the brain which **deals with being rational and thinking clearly and logically**.

Emotional State – Limbic System



The **Emotional State** asks the question, *“Am I loved?”*

An *upset* **Emotional State** is triggered by the world not going our way.

It limits their ability to see your point of view.

be·lief

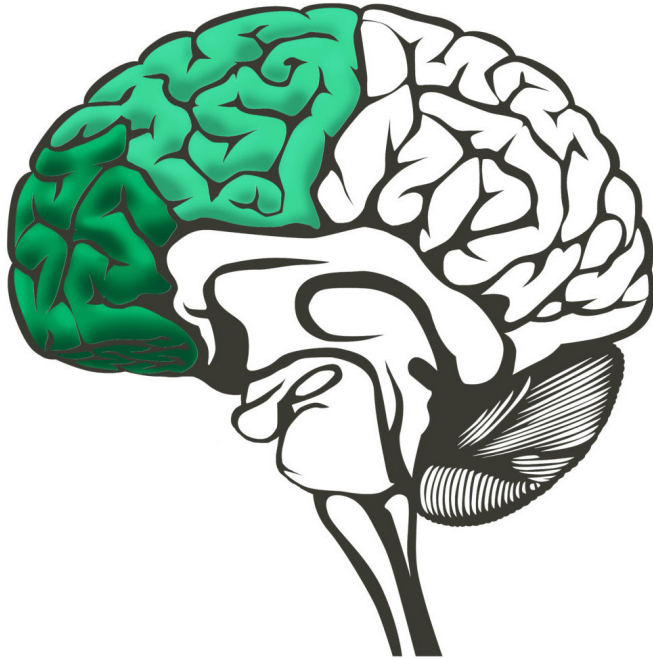
/bə'li:f/

noun

Quickest way to build TRUST
is listening to understand

1. a **state of mind** in which TRUST or confidence is placed in **some person** or thing

Executive State— Prefrontal Lobes



The **Executive State** asks the question, “*What can I learn from this?*”

The **Executive State** represents the *optimal* state for **problem-solving** and **LEARNING**.

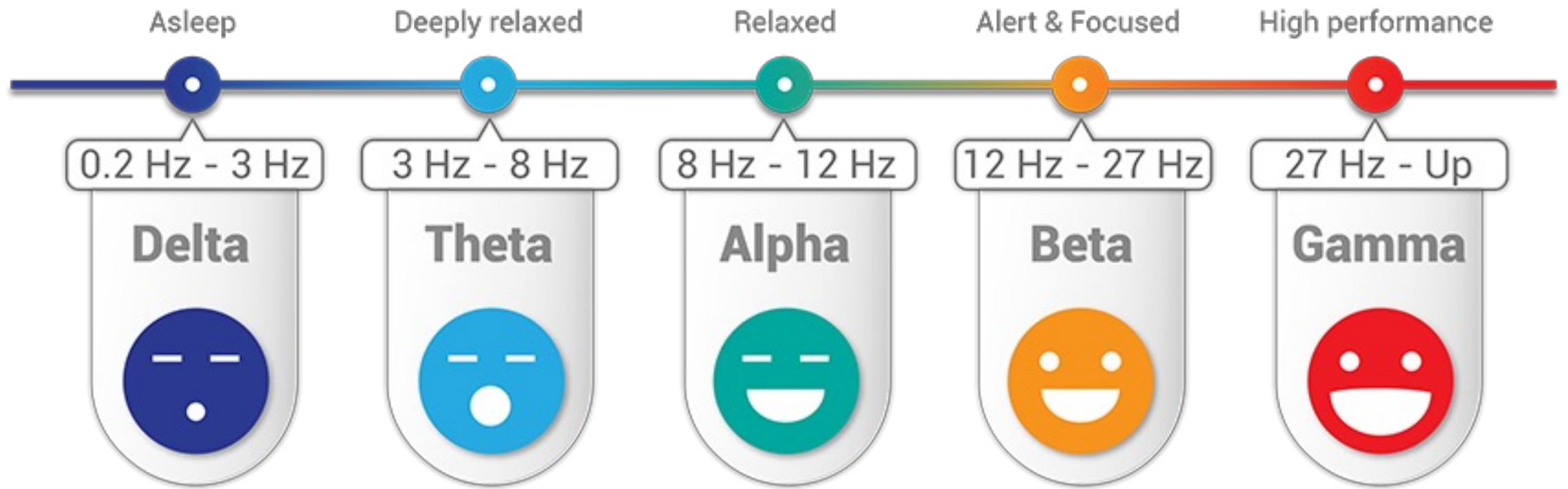
be·lie·f

/bə'li:f/

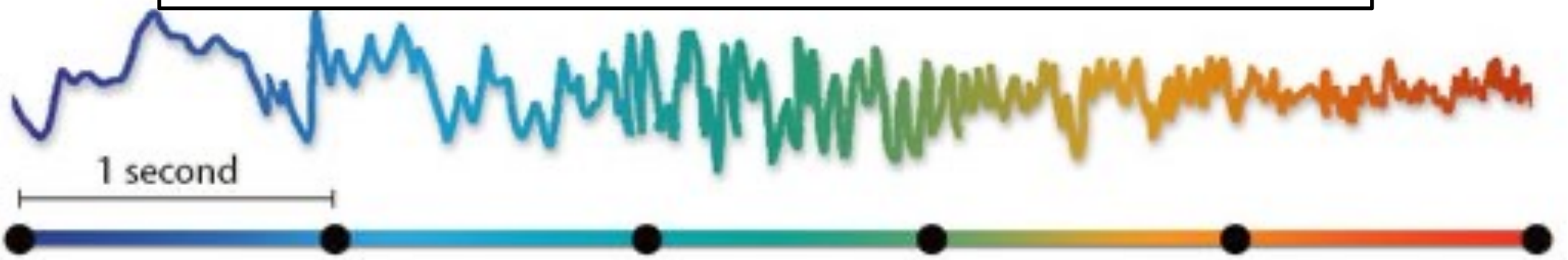
noun

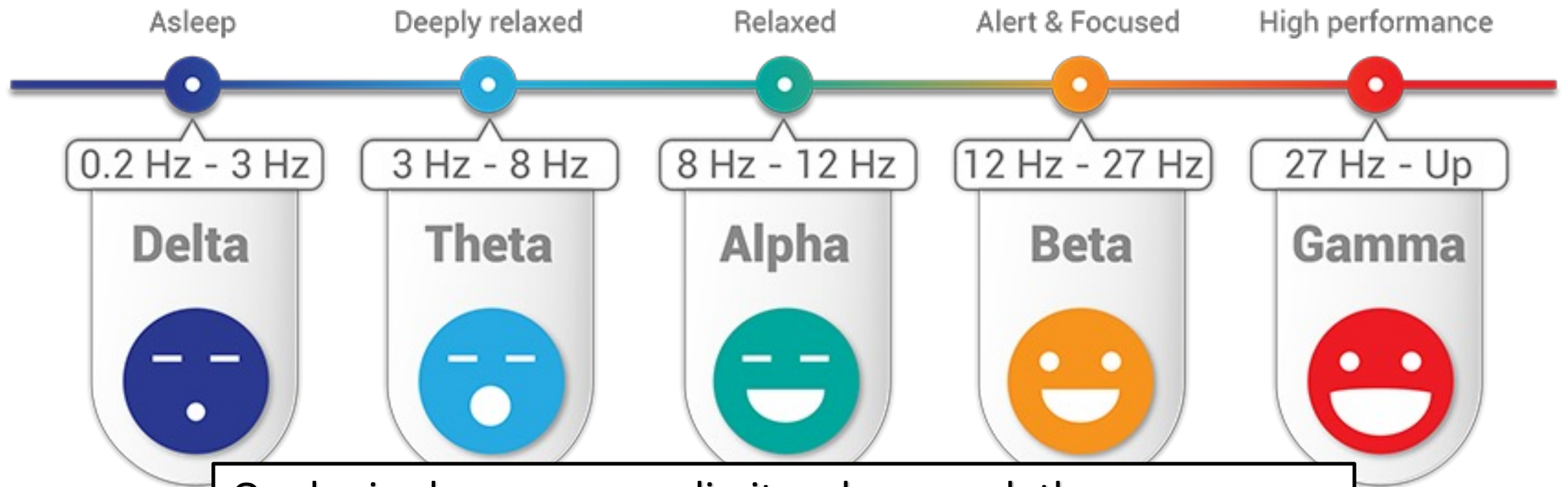
It also helps to know WHEN and HOW beliefs are formed

1. a **state of mind** in which **TRUST** or **confidence** is placed in some person or thing

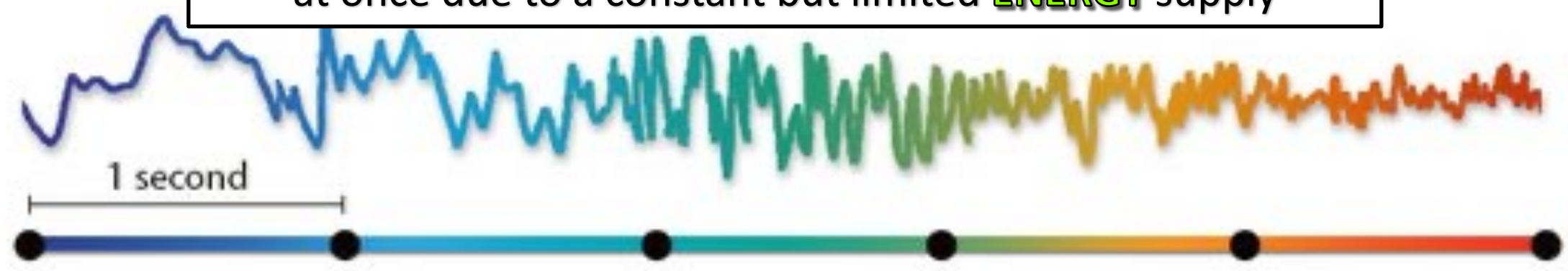


Your brain is like an engine - biggest **ENERGY** user in your body



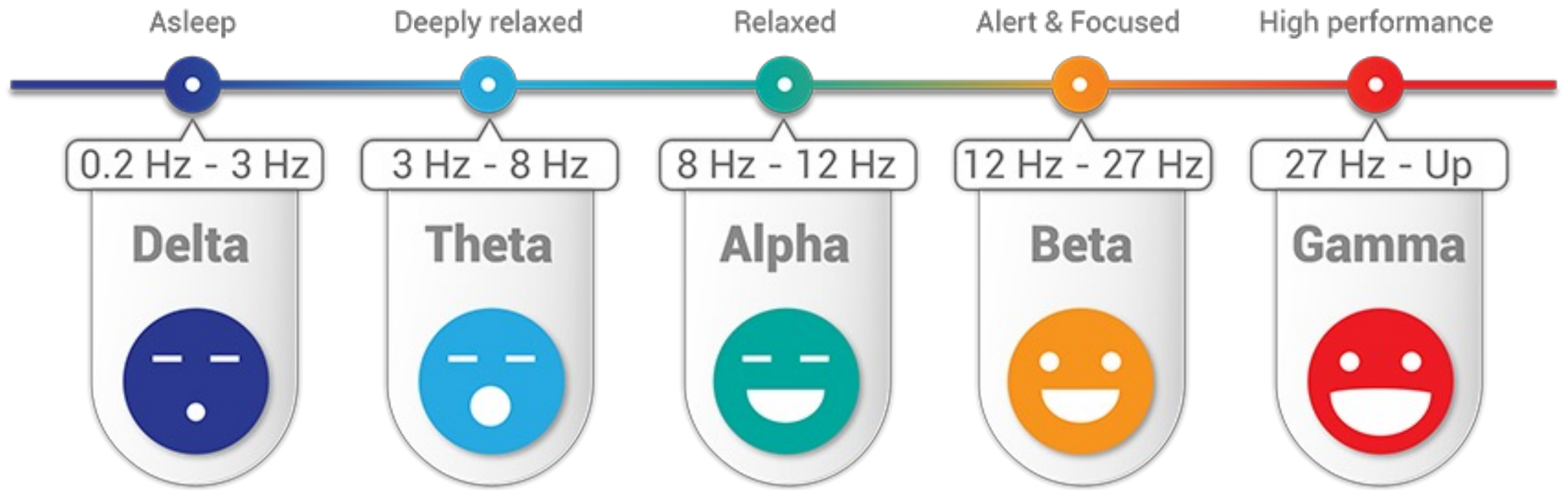


Our brains have an upper limit on how much they can process at once due to a constant but limited **ENERGY** supply

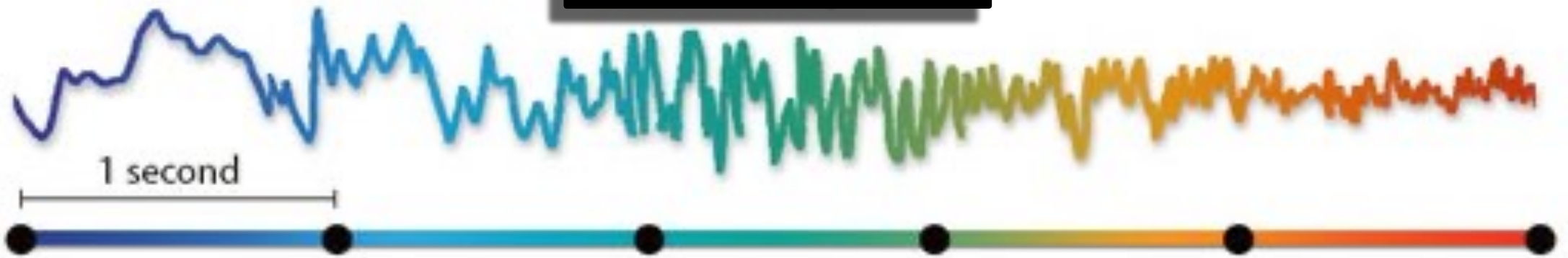




COGNITIVE LOAD



Where are you?



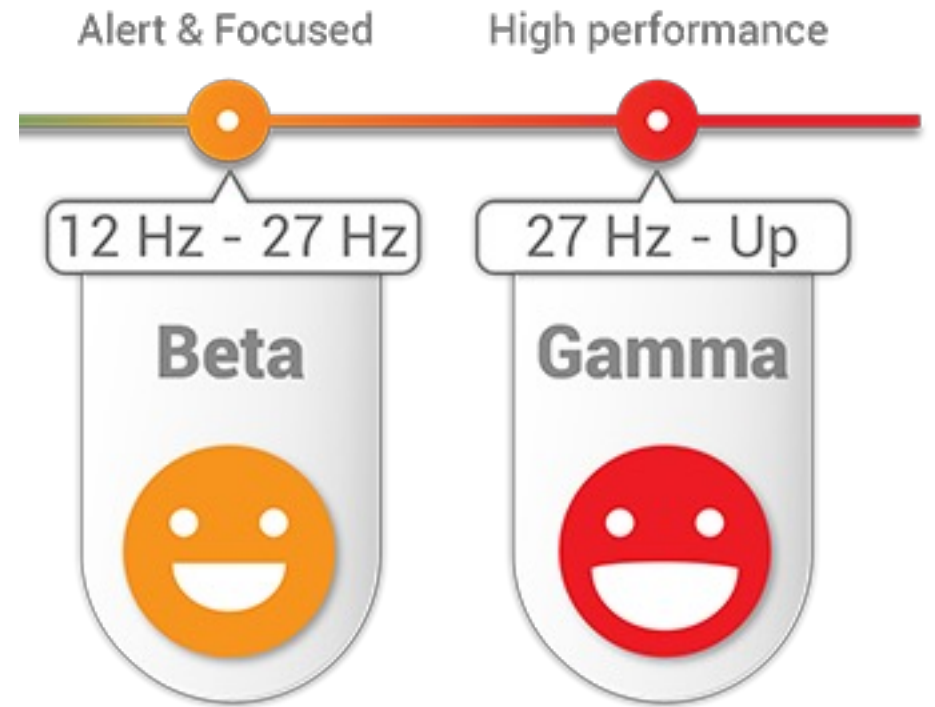
You're thinking about all the things you've got to do, you're thinking about work, about the kids, how to pick up the kids, you're thinking about what you're going to have for lunch, you're thinking about going shopping. You're thinking about lots of different things, and you're not relaxed. Usually, it's in a heightened state of awareness

This is not conducive for the formation of new beliefs to be formed nor for getting rid of old limiting beliefs. That's what most adults are in.



When we are **busy** and others talk to you, your brain will automatically look for what it has **heard before** and **eliminates what is new.**

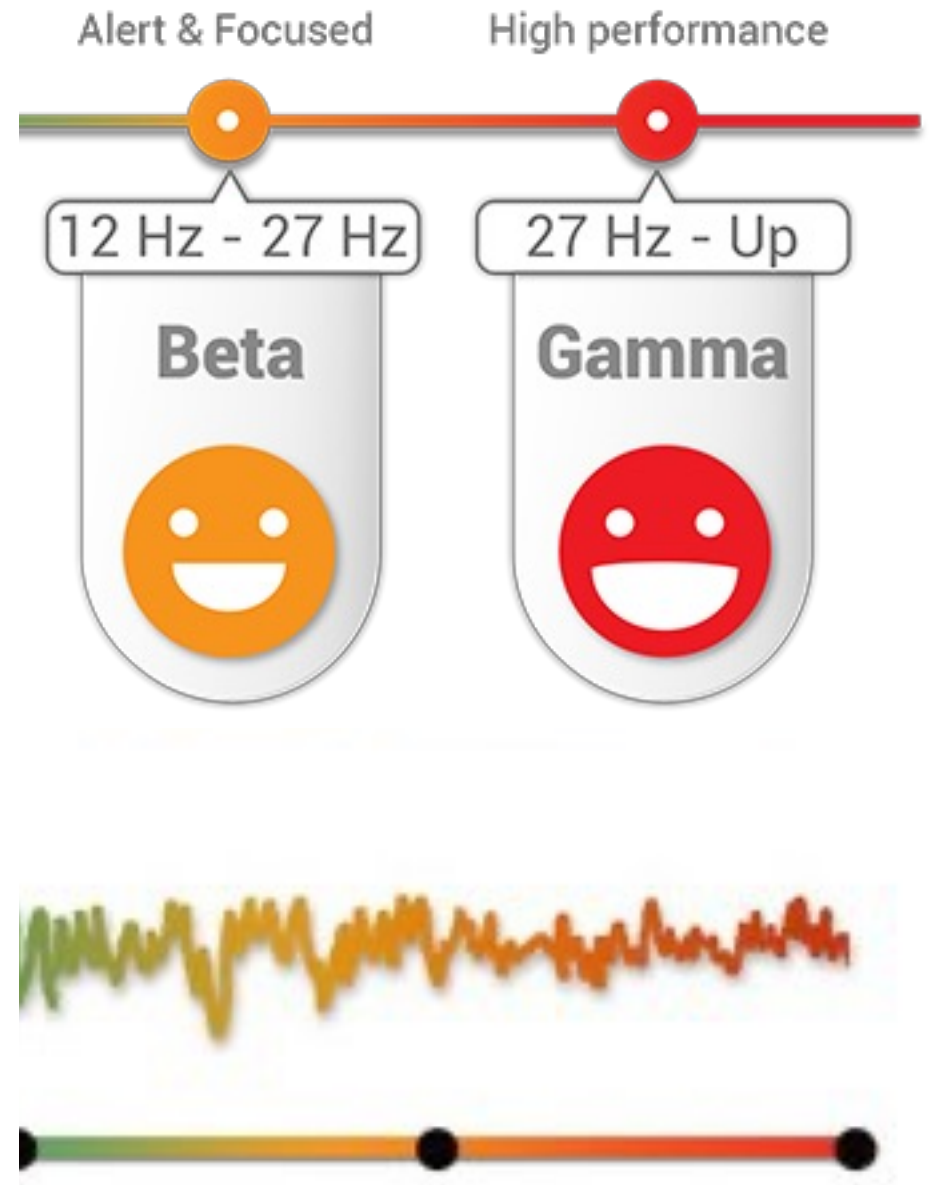
Our automatic response is to reach for what we **already** **KNOW.**

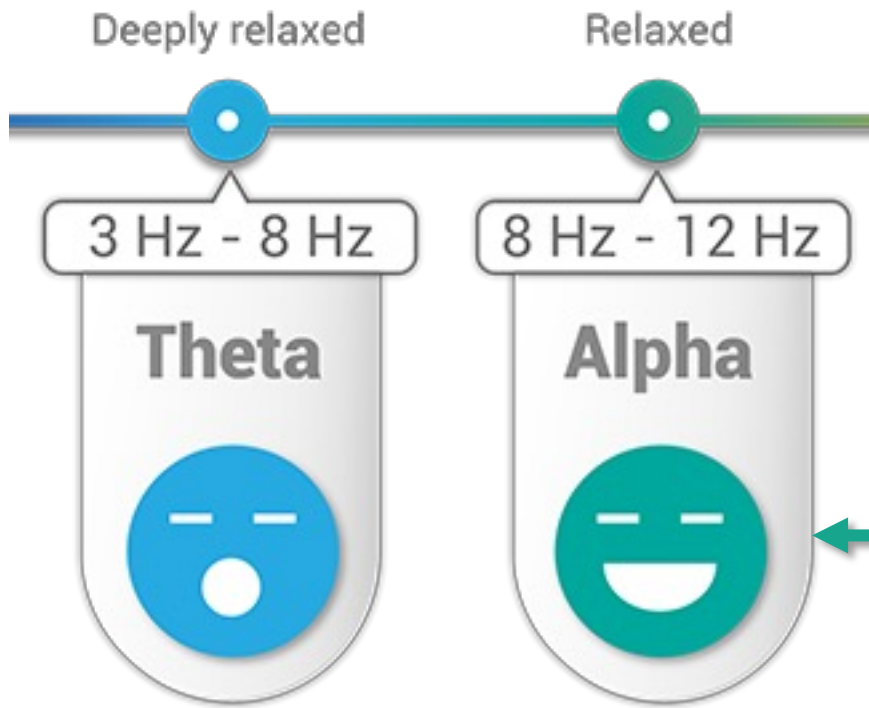


We *start answering* questions *before* they've been *asked*.

We stop seeing **new** data points or *contrary points*.

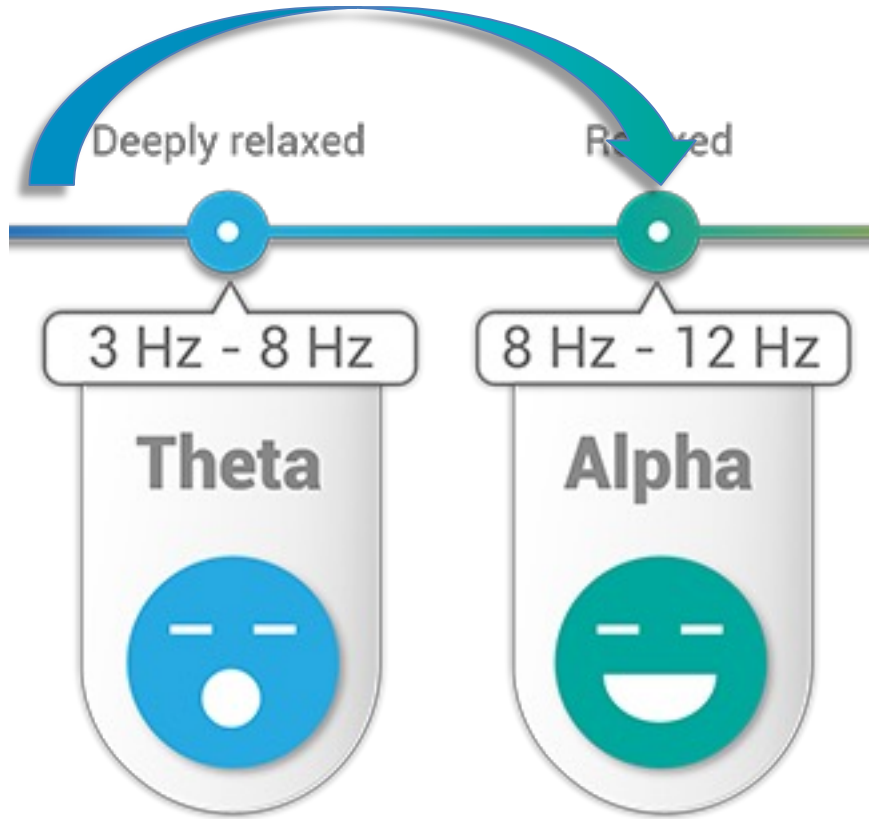
We get insulated into our own bubble, where our brain only really **listens** to **our inner voice** and not you.





This is the most conducive spot for your brain to learn new ideas





From birth to the age of seven we go through Theta up to Alpha

This is why we formed most of our **beliefs** by the age of **seven years old** because we're like sponges **before we're seven years old.**





WHY you never tell your children,
"You're stupid. You're an idiot,"
things like that **stick with them**,
and they start to believe that and
start to develop that **belief**.

**⁶ Train up a child in the way he should go;
even when he is **old** he will not *depart from it*.**

WHY?





¹⁰ After that whole generation had been gathered to their ancestors, **another generation grew up who knew neither the Lord nor what he had done** for Israel. ¹¹ Then the Israelites **did evil** in the eyes of the Lord and served the Baals.



be·lief

/bə'li:f/

noun

Beliefs are generally formed in 2 ways:
1) by accepting what others tell us to be true

1. a **state of mind** in which **TRUST** or **confidence** is placed in **some person** or thing

be·lief

/bə'li:f/

noun

Beliefs are generally formed in 2 ways:
(2) by experience, inference, and deduction.

1. a **state of mind** in which **TRUST** or **confidence** is placed in **some** person or **thing**

Most coaching programs

What you can see

The **whole person** is rarely addressed in most coaching programs. But if we want healthy **leaders who thrive and achieve their potential**, we must learn how to expose and deal with this side.

You've been through something

Fears
Doubts
Anxiety
Motivations
Identity
Experiences
Memories
Medical

ho·me·o·sta·sis

/hōmēə'stāsəs/

noun

1. a self-regulating process by which biological systems tend to **MAINTAIN STABILITY** while ***adjusting to conditions*** that are optimal for **survival**.

You found a way to survive it