

The Leadership Academy at Hope Chapel Kealapono  
**A Biblical View of The 7 Habits of Highly Effective People**  
**Personal Victories Review**

**Luke 2:40; Luke 1:80; 2 Samuel 3:1**

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July 25, 2026

Stephen Covey emphasizes that personal victories, or "Private Victories," are essential for developing one's character and independence. These victories focus on self-leadership and personal growth, which are foundational for effective interactions with others.

As we pause and look back at Habits 1-3 and the importance of Emotional Bank Accounts, what are some of your biggest takeaways?

I. What We Have Learned So Far

- A. Habit 1 Be Proactive: I am 100% Responsible for My Life [2 Tim 1:7]
- B. Habit 2 Begin with the End in Mind "Roles & Goals" [Prov 29:18; 2 Tim 4:7-8]
- C. Habit 3 Put First Things First [Psalms 34:8; 37:4; Matt 6:33]
  - 1. Organize and Execute Around Priorities
  - 2. The Time Management Matrix: Urgent and Important
  - 3. A Quadrant II Focus: Not Urgent but Important
  - 4. Weekly Planning Based on Roles and Goals
  - 5. Keep 100% of My Commitments!
- D. Emotional Bank Accounts
  - 1. The Five Love Languages by Gary Chapman
  - 2. The Love Language That Matters Most by Gary Chapman and Les & Leslie Parrott
  - 3. The Five Love Languages Quiz  
<https://5lovelanguages.com/quizzes/love-language>
  - 4. Handouts (1) Personality (2) Dialects

II. My Biggest Takeaways

III. "Waxed Strong"

- A. Jesus [Luke 2:40]
- B. John the Baptist [Luke 1:80]
- C. David [2 Samuel 3:1]
- D. By the Power of the Holy Spirit [2 Tim 1:7; Eph 5:18; Zech 4:6]

## The Five Love Languages: Definition and Dialects

### 1. **Words of Affirmation**

**Definition:** Words of Affirmation center on expressing love through spoken or written encouragement, appreciation, and kindness. People with this primary love language feel deeply valued when they receive sincere compliments, words of gratitude, encouragement, or recognition of their character and efforts. Simple statements such as "I appreciate you," "I'm proud of you," or "I love you" carry significant emotional weight. Conversely, harsh criticism, sarcasm, or hurtful words can have a particularly lasting impact because verbal communication is closely tied to how they experience love.

Discovering the Dialects of Affirmation. Affirmations are typically expressed in **three primary ways**:

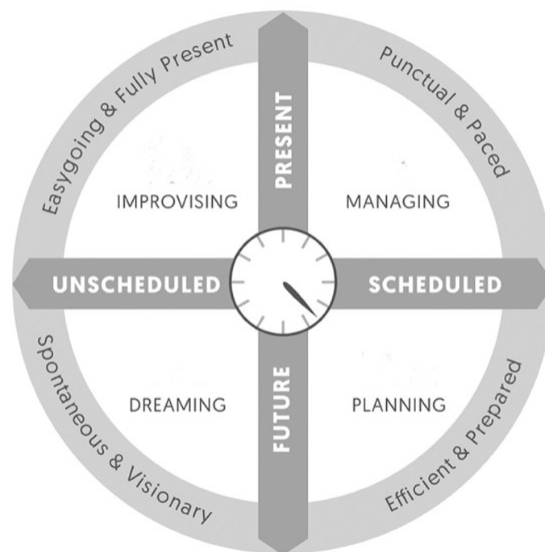
- (1) **Compliment:** polite and positive expressions of praise. The dialect of compliments within words of affirmation is all about admiration and expressing love through uplifting remarks about your partner's appearance, personality, or achievements. It's not just flattery—it's about offering genuine, thoughtful statements that make your partner feel special. For someone who resonates with this dialect, a well-timed compliment can brighten their day and reinforce their sense of worth. A genuine compliment doesn't just boost their confidence, it reminds them how connected they are to you.
- (2) **Appreciation:** an expression of value, worth, and significance. It's not just about thanking them for what they do—it's about truly seeing and acknowledging who they are. Does your partner light up when you express gratitude for them? Do they seem especially moved when you acknowledge their thoughtfulness, hard work, or unique qualities? If expressions of thanks or admiration make them feel deeply seen and valued, appreciation might be their primary dialect.
- (3) **Encouragement:** expressions of support, inspiration, or motivation. Encouragement as a dialect of words of affirmation is about providing emotional support and confidence. When you consistently provide encouragement, you're not just affirming their value—you're showing that you're invested in their journey and rooting for their success.

While each of these is valuable, everyone has a preferential combination of these three and understanding your combination can help you express what you desire most

## 2. Quality Time

**Definition:** Quality Time focuses on giving another person undivided attention and being fully present together. Individuals with this love language feel most loved when they experience meaningful conversations, shared activities, and uninterrupted moments of connection. This may include taking a walk together, sharing a meal without distractions, engaging in deep conversation, or participating in a favorite hobby. The key is not simply spending time in the same place but intentionally investing focused attention. Distractions, frequent interruptions, or consistently postponing time together can make these individuals feel unimportant.

There are **four primary dialects** of quality time: **improvising, managing, planning, and dreaming**. Each reflects a unique approach to sharing time, and they are formed from various combinations of being scheduled vs. unscheduled, and present oriented vs. future oriented. The diagram below sheds some light.

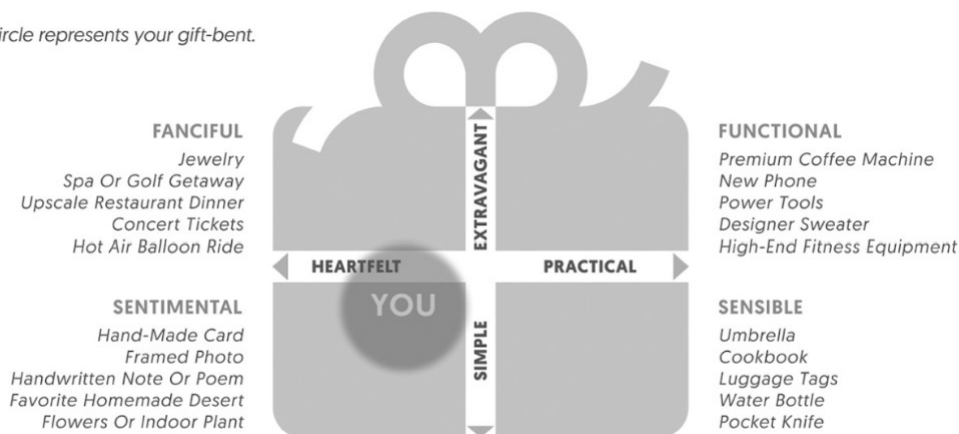


### 3. Receiving Gifts

**Definition:** Receiving Gifts is not primarily about materialism or the monetary value of a present; rather, it emphasizes the symbolic meaning behind a thoughtful gift. A carefully chosen gift communicates that someone was remembered, valued, and cared for. Whether it is a handwritten note, a favorite snack, a meaningful keepsake, or an elaborate present, the gift serves as a tangible reminder of the relationship. The thoughtfulness, timing, and personal significance of the gift often matter far more than its cost.

There are **four primary dialects** of receiving gifts: **fanciful, functional, sensible, and sentimental**. Each represents a distinct approach to giving that results from whether your partner's gift dialect is simple or extravagant and whether it is more heartfelt or practical. This diagram helps:

*The circle represents your gift-bent.*



### 4. Acts of Service

**Definition:** Acts of Service communicate love by intentionally doing helpful things that make another person's life easier or more meaningful. For someone with this love language, actions truly speak louder than words. Preparing a meal, helping with household responsibilities, running errands, fixing something that is broken, or stepping in during a stressful season demonstrates care and commitment. These acts are most meaningful when they are done willingly and thoughtfully rather than out of obligation. Neglecting responsibilities or repeatedly failing to follow through on commitments may be interpreted as a lack of love or concern.

There are **four primary dialects** of acts of service: saving time, alleviating stress, instilling security, and conveying care. Each reflects a different way of expressing and receiving love through action. By understanding which of these speak most clearly to your partner, you can ensure your efforts are not only noticed but deeply appreciated.

- (1) **Saving Time:** Happily running an errand for you (picking up your prescription, filling up your car with gas). This dialect isn't just about helping out; it's about recognizing the pressures of daily life and stepping in to create breathing room. By

saving time for your partner, you're saying, "I see how much you have on your plate, and I want to make things easier for you."

- (2) **Alleviating Stress:** Anticipating a need without being asked, allowing you to focus on other tasks (bringing dinner while you were late). This dialect steps in to ease your partner's burdens and calm their worries. For someone who resonates with this dialect, acts that reduce stress—whether by solving a problem or handling an overwhelming task—speak volumes about your care and support. It's about more than simply being helpful—it's about understanding what emotionally weighs on your partner and taking intentional action to lighten that load.
- (3) **Instilling Security:** Relieves responsibility (I've got this for you") and gives a sense of being a team so you don't feel alone. This dialect steps in to ease your partner's burdens and calm their worries. For someone who resonates with this dialect, acts that reduce stress—whether by solving a problem or handling an overwhelming task—speak volumes about your care and support. It's about more than simply being helpful—it's about understanding what emotionally weighs on your partner and taking intentional action to lighten that load.
- (4) **Conveying Care:** Demonstrates affection (breakfast in bed) and dedication (patiently waits to pick you up after a delayed flight). What matters isn't the size of the action but the intentionality behind it—these gestures reflect love in its most practical and heartfelt form. Conveying care bridges the gap between thought and action, turning affection into something tangible. These simple but impactful acts demonstrate not just your love, but your willingness to show up in the everyday details of life. They create a powerful connection rooted in trust, thoughtfulness, and an ongoing sense that you're in tune with what truly matters to your partner.

## 5. Physical Touch

Definition: Physical Touch expresses love through appropriate physical affection and closeness. For those who value this love language, hugs, holding hands, a reassuring touch on the shoulder, cuddling, or other forms of affectionate contact provide a strong sense of security, comfort, and emotional connection. Physical touch can communicate compassion, encouragement, celebration, and presence in ways that words sometimes cannot. A lack of appropriate physical affection may leave these individuals feeling emotionally distant, even when love is expressed in other ways.

There are **seven primary dialects** of physical touch. **Comfort, affection, playfulness, romance, protection, expression, and restoration.** It's practically a love language buffet. Each one represents a distinct way of using touch to convey love and create connection. Understanding which of these resonates most with your partner is like having a personalized code to their heart.



Our personality traits shape how we hear words of affirmation, what we want from quality time, the way we interpret the meaning of a gift, how an act of service can resonate most, and even the kind of physical touch that feels most meaningful.

And while there are unlimited personality variables worth exploring, we are focusing on four that stand out from the pack in terms of how they interact with the love languages.

## **1. Introversion vs Extroversion**

### Introversion

Prefers quiet and reflective environments

Enjoys deep one-on-one conversations

Recharges by spending time alone

Values thoughtfulness over spontaneity

Processes internally

May need time before addressing conflict

### Extroversion

Draws energy from dynamic and lively interactions

Enjoys the vibrancy of group conversations

Recharges through shared experiences

Leans into spontaneity and quick decisions

Processes outwardly

Seeks resolution through immediate dialogue

In general, introverts experience love best in quieter, more intimate ways with low-key gestures and private moments they can savor. Over-the-top gestures might feel overwhelming or insincere to them. Extroverts, on the other hand, experience love more openly and boldly with grander gestures that have more lively energy. They generally feel at ease showing love and affection in social gatherings. Of course, your partner may be somewhere in the middle, a blend of both. Let's compare and contrast how introversion and extroversion influence each of the five love languages with a specific example and why it works.

### Words of Affirmation

Introverts: Writing a heartfelt letter or leaving a Post-it note on their mirror with a compliment; this allows them to process the message privately and revisit it when they need it

Extroverts: Praising them in front of their friends or coworkers, or enthusiastic compliments; they enjoy public affirmation and the energetic exchange of positive words

### Quality Time

Introverts: Planning a quiet evening at home watching a movie or taking a serene walk in nature; they feel connected through undistracted, one-on-one moments

Extroverts: Organizing a group outing or attending a lively event together, like a concert or comedy show; they thrive on shared experiences that involve energy, interaction, and activity

### Receiving Gifts

Introverts: Choosing a thoughtful, meaningful gift that reflects their personal interests, like a book by their favorite author; they value the thought behind the gift and enjoy reflecting on the meaning privately

Extroverts: Surprising them with a flashy or fun gift that they can share or show off, like a new gadget or tickets to an event; they enjoy gifts that create excitement and opportunities for engagement

### Acts of Service

Introverts: Quietly taking care of a task they've been procrastinating on, like organizing a closet or preparing their favorite meal; it demonstrates thoughtfulness without requiring immediate reciprocation

Extroverts: Completing a task that has a noticeable, immediate impact, like decorating their workspace or preparing for a group gathering; they enjoy acts that support their busy, social lifestyle and can be shared with others

### Physical Touch

Introverts: Offering a soft, lingering hug or holding hands during a quiet moment; they prefer physical affection that feels intimate and unhurried

Extroverts: Giving a playful shoulder squeeze or greeting them with an enthusiastic hug in a social setting; they appreciate touch that is spontaneous, energetic, and outwardly expressive

## **2. Cautious vs Curious**

### Cautious

Prefers familiar routines and predictability

Carefully weighs risks before taking action

Finds satisfaction in incremental progress

Values consistency and reliability

Approaches new ideas with skepticism

Prefers slow, deliberate decision-making

### Curious

Thrives on novelty and new experiences

Leaps at opportunities to explore the unknown

Seeks excitement in big, bold leaps forward

Values flexibility and adaptability

Approaches new ideas with enthusiasm

Embraces spontaneity and quick decision-making



This dimension of personality reflects how we approach new experiences, ideas, and risks. It's asking if you are someone who finds comfort in the familiar, or are you energized by exploring the unknown? Understanding this distinction helps illuminate how your partner navigates life—and love. It's more than just a preference; it's a lens through which they interpret connection and intimacy.

Cautious individuals often feel most loved when gestures reinforce security and dependability—consistent, predictable acts that demonstrate care. Curious individuals, however, come alive with spontaneity and fresh experiences, finding connection in creativity and bold expressions of love. Both approaches can be meaningful, but knowing which resonates with your partner makes all the difference.

Now, let's take a closer look at how these two tendencies shape each of the five love languages, along with specific examples and why they work.

### Words of Affirmation

Cautious: Sharing a steady stream of reassuring, thoughtful compliments over time; dependable affirmations help them build trust

Curious: Surprising them with an unexpected, heartfelt, or unique declaration of love or admiration; they thrive on fresh and creative ways to express words

### Quality Time

Cautious: Sticking to a familiar routine, like a weekly dinner or an evening walk together; they appreciate predictable moments that feel steady and safe

Curious: Planning a spontaneous day trip or trying a new activity, like kayaking or a cooking class; they enjoy bonding through adventures that break routine and spark excitement

### Receiving Gifts

Cautious: Giving a practical, thoughtful gift that solves a problem or adds to their comfort (like a back pillow); they value traditional gifts that demonstrate care

Curious: Surprising them with an unusual, fun gift, something quirky like a personalized puzzle or a unique gadget; they love gifts that feel exciting, playful, or spark curiosity

### Acts of Service

Cautious: Taking care of routine tasks or planning ahead to reduce stress, like meal prep or taking out the trash; they feel loved through consistent and reliable acts that enhance stability

Curious: Jumping in with a spontaneous act of help, like rearranging a room or brainstorming together; they appreciate acts that feel energetic and engage their sense of possibility and exploration

### Physical Touch

Cautious: Offering a gentle, reassuring handhold or a steady hug when they're feeling unsure; they prefer touch that feels calm, predictable, and steady

Curious: Surprising them with playful, energetic gestures like a spin hug or a spontaneous cuddle; they enjoy touch that's lively, engaging, and reflects the thrill of the moment

### **3. Carefree vs. Dependable**

#### Carefree

Embraces flexibility and spontaneity

Values living in the moment

Enjoys taking things as they come

Comfortable with uncertainty and change

Approaches decisions casually and intuitively

Prioritizes fun and freedom

#### Dependable

Thrives on structure and clear plans

Values long-term thinking and preparation

Prefers predictable routines and schedules

Feels secure when commitments are honored

Approaches decisions carefully

Prioritizes responsibility and reliability

Is your partner the kind of person who thrives on freedom and spontaneity, embracing life as it comes? Or do they feel most comfortable when everything is thoughtfully planned and well-organized? Maybe they're a mix of both.

Carefree individuals often feel most loved through lighthearted, flexible gestures that celebrate the present moment—unexpected surprises or simple, unstructured quality time. Dependable individuals, on the other hand, are deeply moved by thoughtful, reliable acts that show commitment and care—gestures that bring a sense of stability and follow-through. Neither approach is better, of course. Each simply reflects a unique way of experiencing love.

Let's explore how these two tendencies influence the five love languages, complete with specific examples and why they resonate.

### Words of Affirmation

Carefree: A spontaneous, playful compliment, like texting them a sweet message out of the blue; they enjoy affirmations that feel fun and unplanned, matching their love for spontaneity

Dependable: Regular, thoughtful affirmations, like a heartfelt note left in the same spot each day; they appreciate affirmations that demonstrate consistency and commitment over time

### Quality Time

Carefree: Suggesting an impromptu picnic or an unplanned outing to a favorite spot; they feel connected through unstructured, lighthearted moments

Dependable: Scheduling a recurring date night or planning a well-organized day together; they value the reliability and intention of dedicated, planned time

### Receiving Gifts

Carefree: Giving an unexpected gift, like something from a small boutique; they enjoy gifts that feel surprising and one-of-a-kind

Dependable: Selecting a meaningful, practical gift, like a high-quality tool they've been needing; they feel loved through gifts that show forethought and usefulness

### Acts of Service

Carefree: Offering to help spontaneously, like taking over a task they were stressing about last minute; they value spontaneous acts that lighten the mood and bring a sense of freedom or relief

Dependable: Following through on planned acts, like organizing a shared calendar or keeping the house tidy consistently; they feel loved when acts of service are dependable and align with their expectations

### Physical Touch

Carefree: Giving playful and casual touch, like a quick tickle or an unexpected smooch; they appreciate touch that feels lively and in the moment

Dependable: Offering steady and comforting touch, like holding their hand or giving a long hug; they prefer touch that conveys stability and reassurance

#### 4. Cool vs. Warm

##### Cool

Leads with logic and rationality

Tends to keep emotions private or at a distance

Values independence and self-reliance

Prefers straightforward, practical interactions

May appear reserved or detached

Focuses on problem solving

##### Warm

Leads with emotional connection

Openly expresses affection and care

Values closeness and emotional intimacy

Prefers collaborative, harmonious interactions

Naturally comforting and supportive

Focuses on feelings and understanding

For those with a cooler personality, love often feels like steadiness—a practical gesture, a thoughtful act, or a quiet presence that shows care without excess emotion. For those with a warmer personality, love is more openly felt—affectionate words, emotional connection, and gestures that create closeness and harmony. Each approach has its own beauty, and when you honor your partner's style, you're getting closer to speaking their love language in a way that matters to them.

Now, let's explore how cool and warm personalities influence each of the five love languages, with specific examples of what works and why.

##### Words of Affirmation

Cool: A practical compliment about their skills or accomplishments; they appreciate words that are straightforward, grounded in facts

Warm: An emotionally expressive affirmation, like telling them how much they mean to you; they value words that convey warmth and emotional depth

##### Quality Time

Cool: Spending time together working on a shared project; they feel connected through productive and shared activities

Warm: Engaging in a heartfelt conversation or a cozy evening focused entirely on them; they feel loved when time is spent creating emotional closeness

### Receiving Gifts

Cool: Giving a practical, functional gift, like a high-quality tool or a useful device; they appreciate gifts that solve problems or enhance daily life

Warm: Giving a sentimental gift, like a personalized or symbolic keepsake; they value gifts that carry emotional significance and show deep thought

### Acts of Service

Cool: Handling practical tasks, like organizing finances or fixing something; they feel loved through efficient, logical support

Warm: Doing something thoughtful that makes their day easier, like cooking their favorite meal; they feel loved when acts of service convey emotional care and attention

### Physical Touch

Cool: Offering a brief but intentional touch, like a reassuring pat on the shoulder; they appreciate touch that is subtle and purposeful

Warm: Expressing affection through warm, lingering touches; they value touch that conveys emotional closeness and comfort