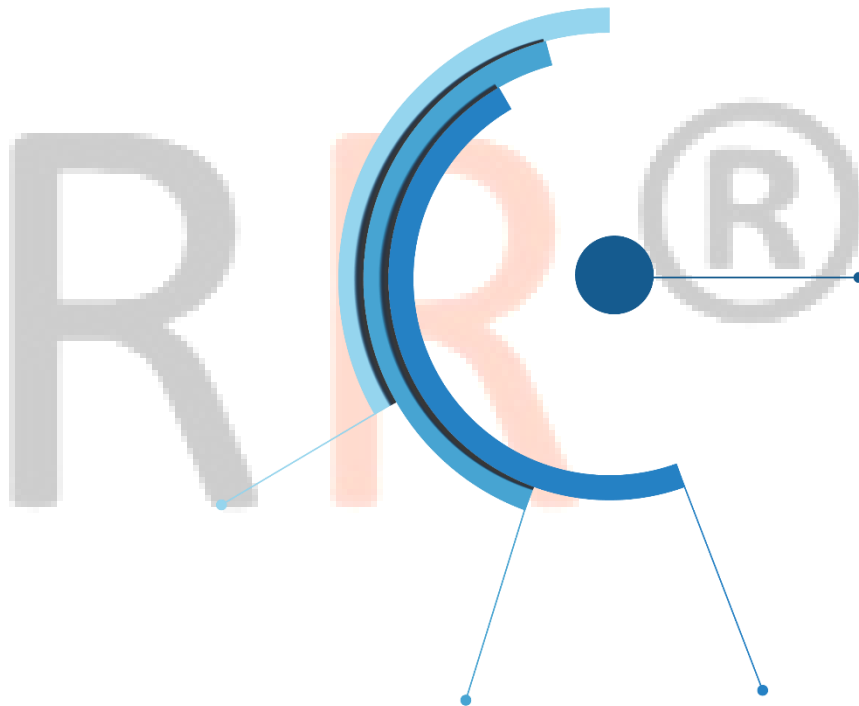


Your life is an

for living and learning.

EXCELLENT ACADEMY

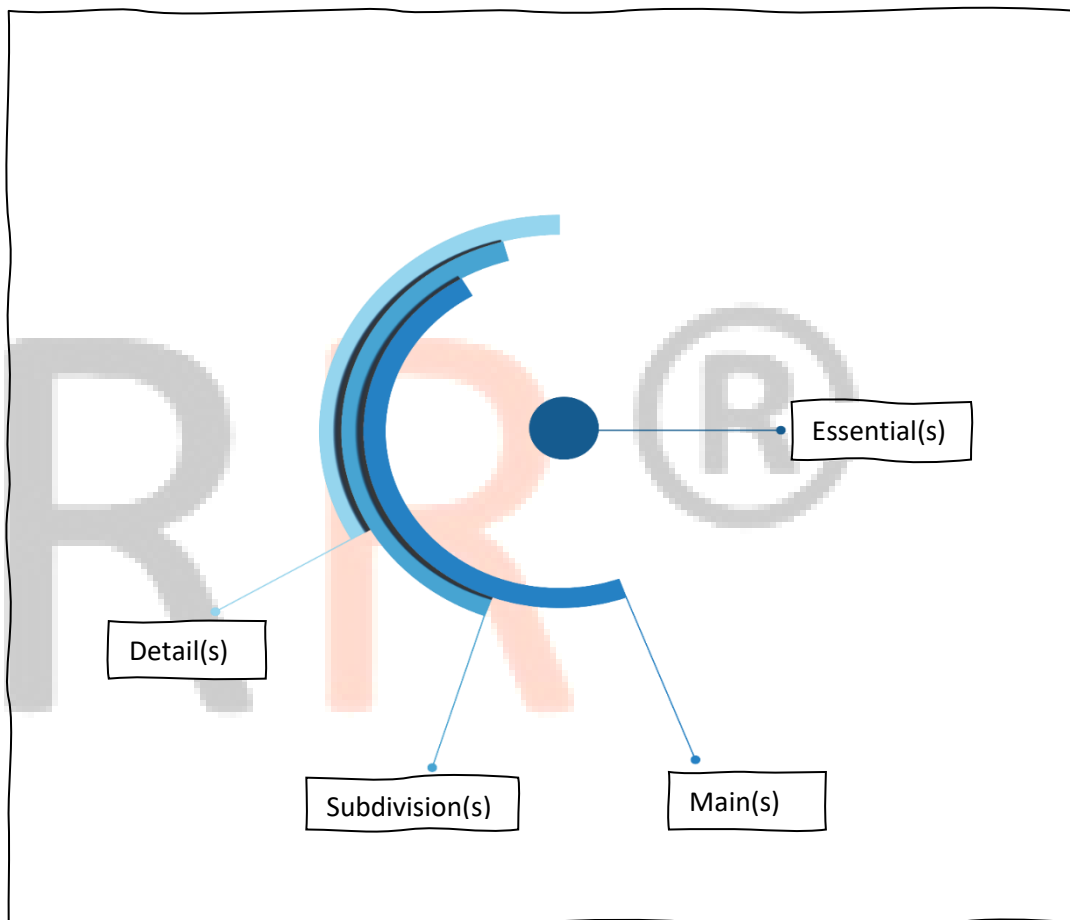
RevRens[®] presents the
3RModel[®]



Drs. Rev Rens Schalkwijk VDM

A good theoretical model is immensely practical.

Prof. dr. Henk Tieleman,
dean of Theological Faculty
at the University of Utrecht
at my graduation



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The 3RModel®

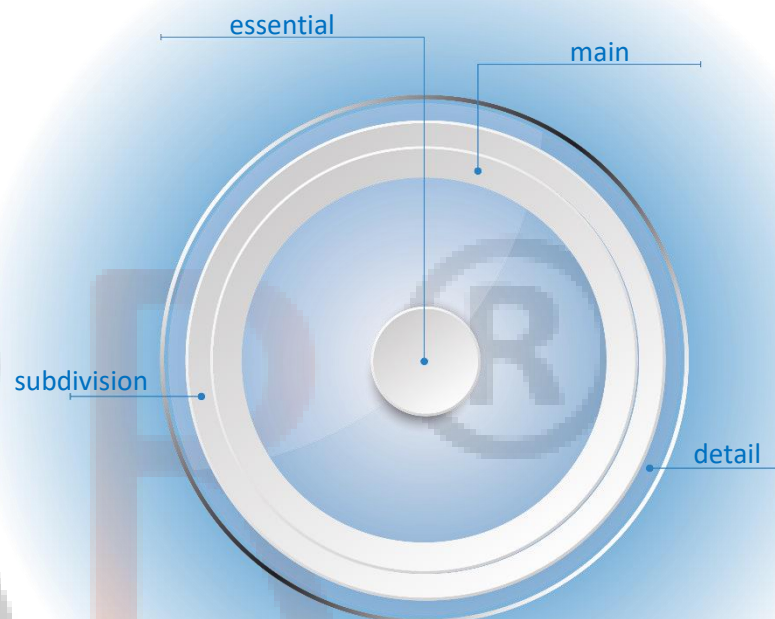
Is an all-round, versatile and powerful intellectual model that will help you with theory and practice in any endeavor you are in. In this short format I will explain all the aspects of the model and have you working with it as soon as you like to try it (→ See: Yu).

It is a circular model – a little different from the linear way of writing you might be used to. People who have done mind mapping or other such practices will more easily understand and adapt. It all goes back to using your whole intellect and insight.

The model knows *three steps*, the three R's: Research, Reflect and Reignite. The first step is to write down what you are doing, the second is to reflect on what you have written down, and thirdly to decide what is the **next** step

to do and to do it. My tip: use **blue** for **research**, **red** for **reflect**, and **green** for **reignite** (but you are free to use any coloring scheme anywhere in the model – adapt but be consistent is my main tip).

You can start and work anywhere in the model. The way it is build up: the center is for the essential(s), then the main(s), next the subdivision(s), and lastly the details. In the next pages I will define the general 3RModel® and give you three main models. When you know and understand those you can do basically anything with the model.



TRY IT!

Using the model is easy. Let's try it! You might want to use an empty 3RModel® page (see: p xx).

Write down what is the most important in life, that what is essential.

Now flowing from that: what are the main things.

Then: what are the subdivisions.

Lastly: what are the details.

Now you have created a first 3RModel® of your life.

This is the first R = [Research](#).

Having written that down. Now take another color pen, **reflect** on what you just wrote down. And write down 2 to 5 thoughts that come across your mind (regardless of what the thoughts are).

Reflecting is reading what you just wrote down and thinking about it. This is the second R = Reflect.

You can now take another color pen and look at what you have written, especially when reflecting.

What can you do about your life? Write 2 to 3 things down. Maybe you have a lot more but take just a few at this moment. Choose the one thing you will do and start doing it *now*. Try to be careful, thoughtful and decisive, ready to take action (even if the first action is to build in more rest, like taking a break of 15 minutes and walking around the block). This is the third R = [Reignite](#).

If you don't do anything now (or later) that is a pity, then you just let an opportunity pass by. But don't worry, life gives you countless chances. Writing 'I did nothing' can sometimes be the most worthwhile, rewarding and clarifying thing to write. It is also clear and crisp information. Or writing, 'I did something else...', can help in many ways. As the saying goes: Just do it! So strive to really in the 3R/Reflecting movement to pick the one thing you can, will, want to and are going to do next. When you have done the first thing, do the second, then the third.

Now comes the utter beauty of the 3RModel®. Use another color pen to write in the things you just did. Basically you have then restarted 1R, 'researching' what you did in life (the first step of research is to observe, then to note it). Then quickly go to the second R to Reflect on the new situation now. Move on to the third R, Reigniting yourself by writing down the three things to do now, and start doing them.

You can use this cycle (1R-2R-3R) continually. The more you use it, the easier it becomes, the more depth you discover, and the more you love it.

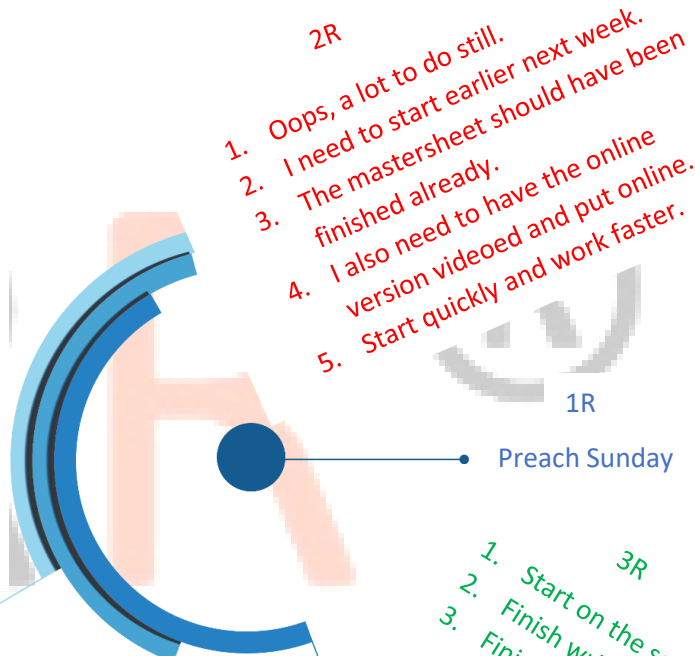
MY TRY

Just to give you a sense of how I may use it let me fill it in also (using my color pens, 1R, 2R, 3R, 1R+). As I am writing this and at the same time I need to make a mastersheet for our Connect Groups in our church and have to prepare a sermon for Sunday I will use preaching as the essential thing I need to do now in my life. Every two months we take a theme at church, I research it and preach on it every week. In small groups in church members can talk on this a bit further every two weeks, going more in depth and getting more personal. For the leaders of these groups I use a mastersheet. The current series is: Season of Hope (for November and December 2020, the Covid19 outbreak year).

- What is my stance?
- Am I Hope or Hopeless?
- How do I begin (what catches their attention)?
- What is the one message I want to bring across?
- What images can I use?
- What Illustrations?
- What key words?
- What is the line in it all?
- How do I end?
- What little gift do I have, to give people to take home?

- Use Jeremiah 17:7-8
- Use logos.com
- Use other resources
- Read biographies
- Listen to sermons
- Look at your life
- Talk to people
- Look at the Covid impact

- Biblical Theology
- Historical Theology
- Systematic Theology
- Practical Theology



- 2R
1. Oops, a lot to do still.
 2. I need to start earlier next week.
 3. The mastersheet should have been finished already.
 4. I also need to have the online version videoed and put online.
 5. Start quickly and work faster.

1R
Preach Sunday

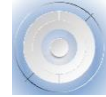
- 3R
1. Start on the sermon (#2)
 2. Finish writing this page (#1)
 3. Finish your mastersheet (#3)

1R+ — Starting on the sermon now
?? Mastersheet tomorrow?!
OK=Finished this page



THE GENERAL MODEL

The General 3RModel® is a distillation of the three main models which you will see later. You must remember that the 'clean' 3RModel®, can be used anyway you like. You might want to keep the basic structure to help yourself (essential, mains, subs, details). Here I give the General model.



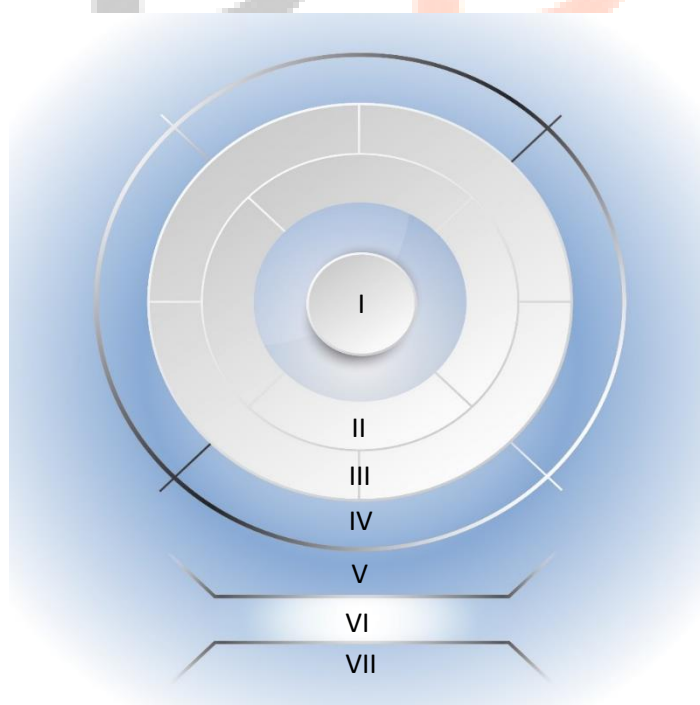
The model has seven layers.

I At the center is the *one essential* thing.

II Then the **main** or important things. I basically use four divisions – as it works most of the time, challenges you to group things, and makes things easier to remember. You are pretty free to use them as you like.

III Now the General model goes to the next level which are the **helpful** things: A-Infrastructure, B-Finances, C-Organization, and D-Workers. Everything you do needs and uses these four things.

IV The next level is that of **knowledge**, again I use four divisions: alpha, beta, gamma and delta knowledge areas. Alpha I define as the meta-sciences (theology, philosophy and hermeneutics), Beta are the exact and natural sciences – dealing with nature (physics, chemistry, biology, geography), Gamma are the social sciences – dealing with man (linguistics, psychology, sociology), Delta are the 'neutral' sciences (information, computer science, mathematics and history).



A special moment in/on the model comes now. I found it handy to develop 4 antennas from the knowledge I had gained. Again this rests on the principle that you can handle 4 memory bits easily.

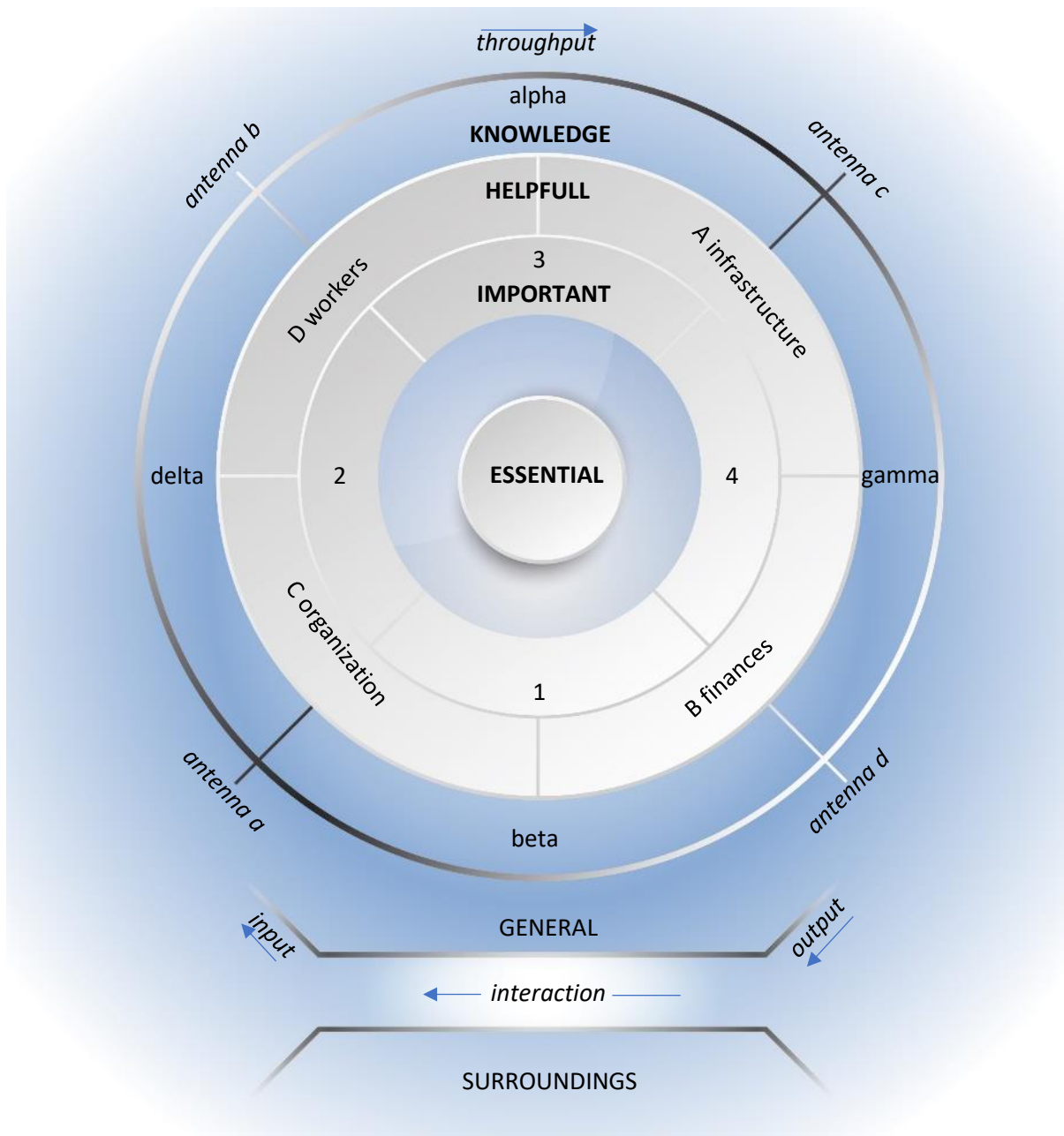
V Then come the **general aspects**.

That which governs all the other parts. A name, time, place. For an organization it can also be a logo and a motto. Anything that is general.

VI After that the **interaction**. Again with four movements: *interaction*, input, throughput and output.

VII Then come the **surroundings**.

GENERAL MODEL



FIRST MAIN MODEL
CHURCH

The Church model is my first model. As I am a pastor and theologian it was the model I started with. It was also the start of the 3RModel® (see the story of the origin of the model in the upcoming book *Excellent Academy*). My very first 3RModel® was in fact the Moravian Model of Ministry; the Moravian Church being a more than 500 year old Reformation church coming from Czech Moravia. Here I give my 3Rmodel® of Church.

It has as its core just one thing: God (or G_d, as some people like to write). No more no less. The Church is Christian, based on Jesus Christ who had as his core: Love God and your neighbor as yourself (which he showed and portrayed in his life, suffering, death and resurrection). So I made the core of the Church model a golden circle representing Love. As John 3:16 says: God so loved the world that He gave Jesus Christ. And as the letter of John says: God is love! And as the great apostle Paul said: hope, faith and love remain, of which love is the greatest. So God is the only center and at the center of the Church model. And God by self-definition is love and God defines love as the central thing. I represent that with a golden circle. It represents God and love.

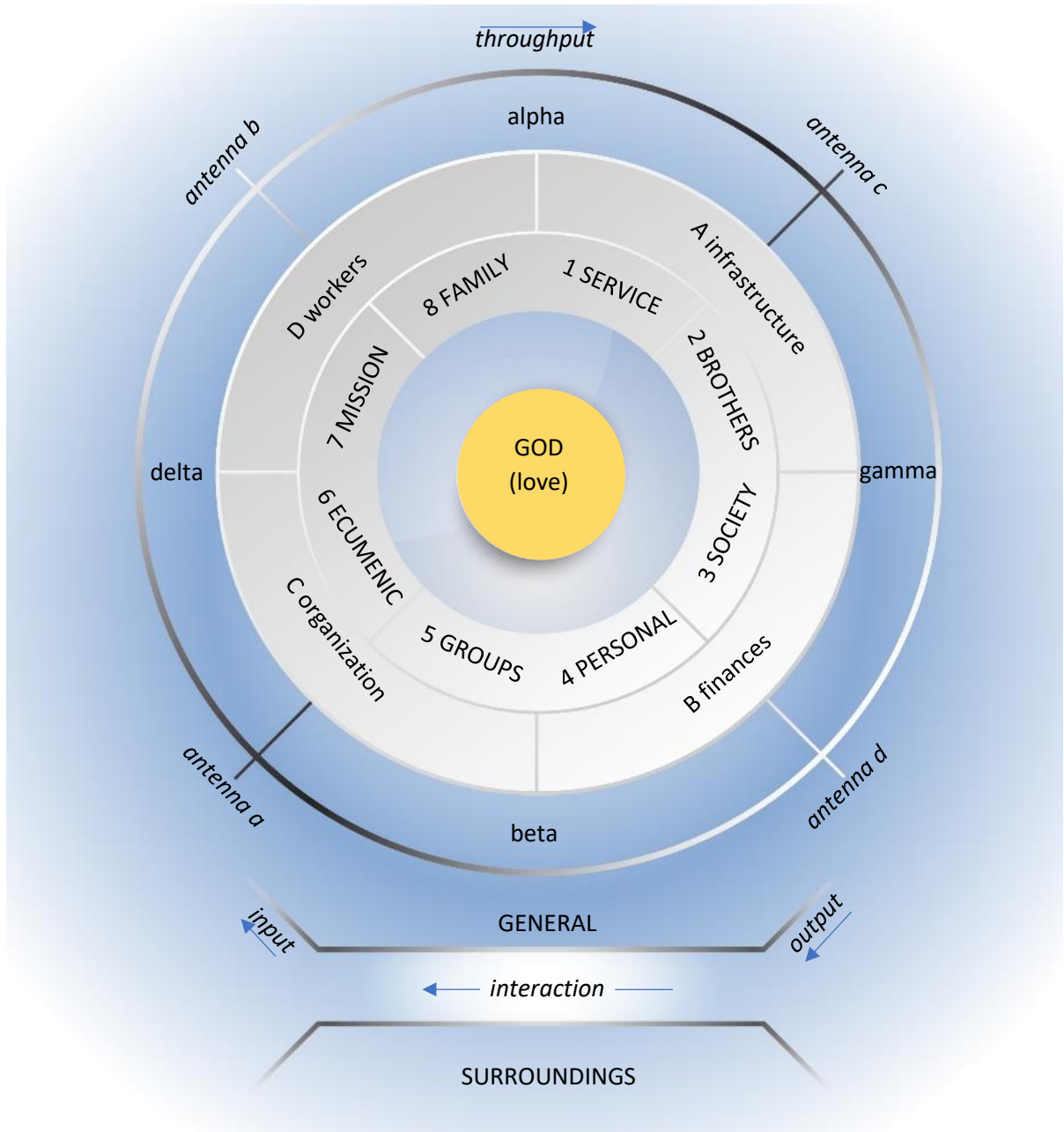
Then the main or important things are the following eight:

1. Inspiring Services	5. Groups for All
2. Loving Brother- and Sisterhood	6. Warm Ecumenicism
3. Serving Society	7. Relevant Mission
4. Personal Piety	8. Fine Families

For the rest everything is the same as in the General model. Though every part is defined further: beautiful infrastructure, good finances, supporting organization, challenging workers; Christocentric theology; harmony in the whole of the church; well-rooted in the surrounding society. All in all a spiritually guiding Church. To complete the picture: with a leadership that challenges (mostly by exemplary living) and allowing God to lead.

Off course you use the Church and Biblical principles and reality. For instance in the infrastructure you use church buildings. In the finances you use tithing, gifts and offers. In the organization you have pastors, apostles, evangelists, prophets, teachers, elders, and so forth. Having lay people and professionals, paid staff and volunteers working together. Theology is the knowledge you need. The general aspects are very interesting too. Is it an messianic congregation, an Orthodox Church, a Roman Catholic Church, a Protestant Church, a Pentecostal Church, or a mix or hybrid form? The surroundings are also very interesting: is it a Pentecostal Church in a Roman Catholic society? An Orthodox Church in an Islamic country? A Protestant Church in an relativistic, agnostic or atheist setting? A Roman Catholic Church in a animistic environment? A messianic synagogue in a liberal Jewish district?

CHURCH



SECOND MAIN MODEL GOVERNMENT

The government model has *values* as its center.

The main and important things in the government depend on the ministries of a government. Typically there is a Ministry of General Affairs, of Finances, of Defense, of Education, of Interior, of Foreign Affairs, of Justice, and a combined ministry. For instance, a Ministry of Culture, Health and Social Affairs. Sometimes you can combine them into sets like Justice & Defense, both being for security and safety reasons; one inside the country and the other for outside of the country – though they may and will overlap, such as in the case of terrorism. Sometime there are many more ministries. Try and find the rationale of the main and important things.

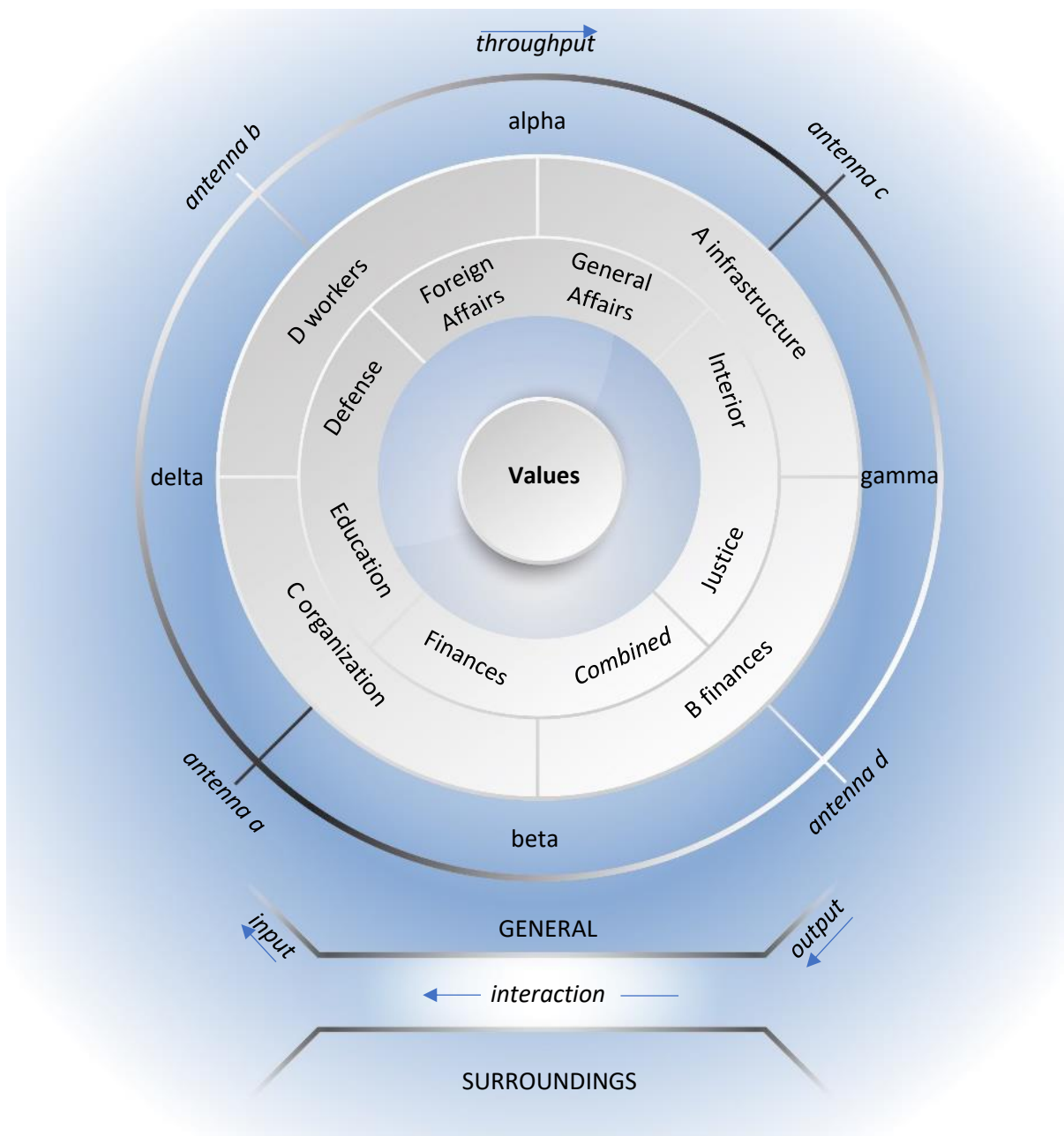
Off course the infrastructure of a government is tremendous and encompasses the whole country. As it has embassies around the world it also has an international infrastructure. Its finances are made up of taxes and the like. Which it spends through various mechanisms such as departments, state-owned companies, subsidies and so forth. The organization of the government varies every where but you basically have the Ministers and their seconds, the department heads and their staff, and the civil servants. Government does not stand on its own but is connected to myriads or organizations and businesses. Off course you have people like prime-ministers, ambassadors, members of parliament. But in different department also specialists like those in the military or in law. Workers for the government are off course also citizens themselves but love to work for the general good for various reasons. It is interesting that there is a kind of rivalry between those in government and those in business.

Studies to be followed can be tremendously varying as there are so many skills and positions to be filled. Anyone should be able to fit somewhere. In the higher echelons you would need special studies such as state law and so forth.

In the general aspects governments are usually regionally bound (except for embassies which have land of their 'own country' on foreign soil). You have local government, regional, national and international, such as the European Union. They can govern large tracts of land, Australia for instance: a whole continent; or small like the Vatican, just a few streets in Rome. Governments can be time-limited but usually they don't think so. For instance the former Yugoslavia fell apart into various different countries. But country perforating movements and people can upset and frustrate governing countries, such as the Kurds in Turkey and other countries, or the Tibetans in China and India. Governments usually have a tremendous amount of interaction internally and externally.

Government deals with the whole: it is for all people under its jurisdiction, not just one or a few.

GOVERNMENT



THIRD MAIN MODEL **BUSINESS**

The business model also has *values* at its center. Money is not one of them, or should not be one of them. Money or profit is a helpful thing. If you make money your key, dominant or only value then you pull the financial sector of the 3RModel® into the center and change and upset the whole model. Money should only be a third tier factor.

Traditionally business has two things: products and services. In my opinion it has four main and important things it provides. Off course products and services, but also information and people. An internet provider offers the service of internet, but search machines such as Google and Bing offer information. A pharmacy offers medical and medicinal products, but a hospital offers doctors and nurses, people who have the know-how to help and authority to prescribe the needed products available at the pharmacy.

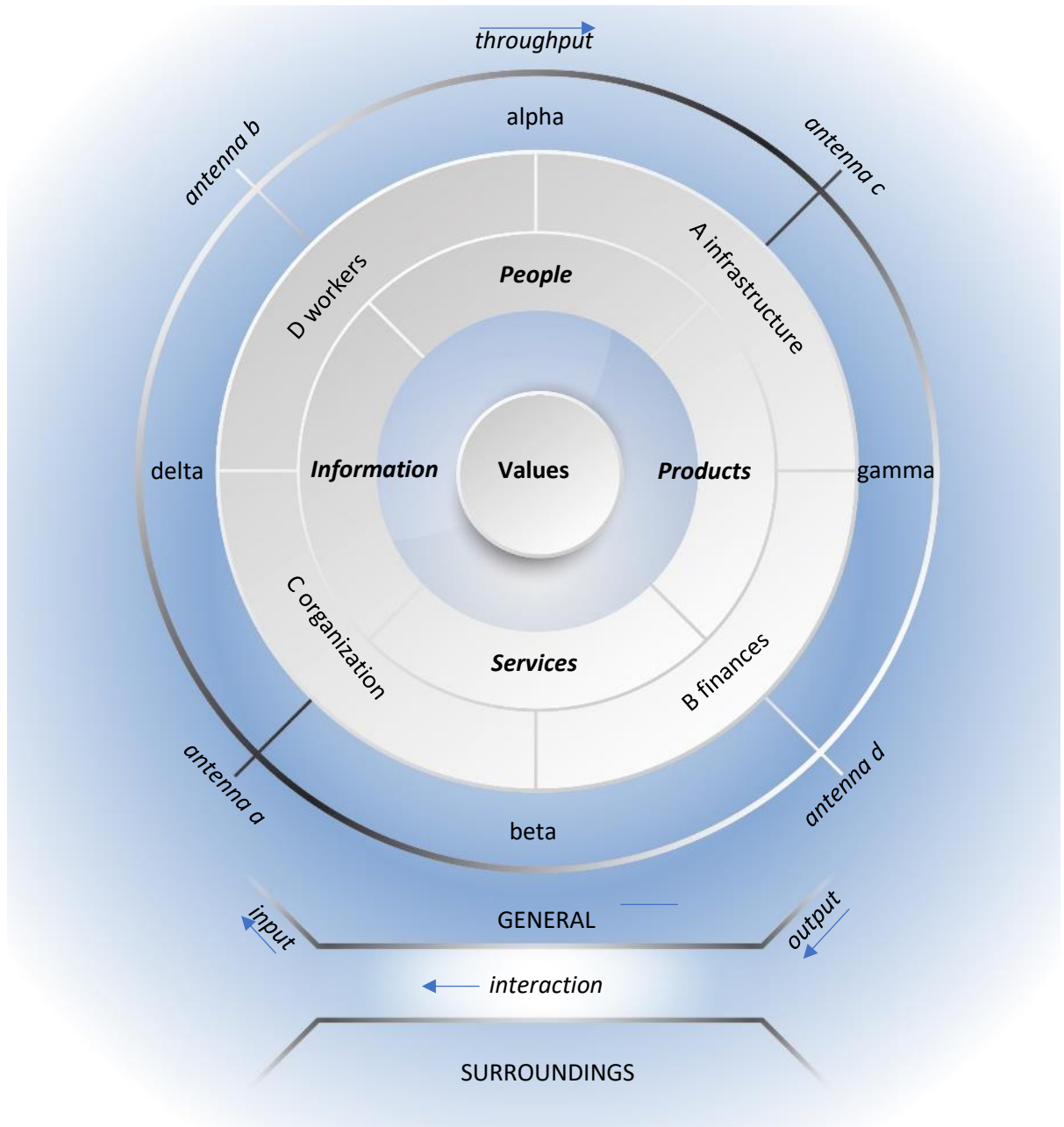
The infrastructure of business depends entirely on the type, size and place of business. Running a sweatshop from a dingy place, or running your business from your superyacht. Running your business from the depth of the earth through mining or space through commercial space travel. The great change nowadays is the eCommerce. Communication through marketing, be it through mouth to mouth or billboards, is very important for people to find you and what you have to offer. Though businesses seem to exist to make money, their core business is to embody values and give them shape through products, services, people and information. But financially it has to be stable and well run to continue, to handle hard times and flow well in good times. Business organizations are as varied as can be, from military styled to dorm-room informal. What is needed is to serve as we want and promise. Different people are attracted to and driven by business. Though some think government types are lazy and slow, and business types are energetic and fast, this is not the case. But business has another drive and energy than government, if you like it this could be for you.

Business out of need or want can spring up in the most unlikely places such as the dangerous whale fishing in former times. Businesses can be at the forefront of civilization (including its clashes) and innovation. The current economy is called the 24-hours economy; as it is global you might need to be aware and communicate across many time zones.

Though both businesses and governments have income and expenses the financial issue of businesses is to make money. The core financial issue of government is to spend money. Businesses spend money to make money, governments make money to spend money.

Businesses focus on the individual. It is a Me-oriented approach, differing from the We-oriented governmental approach. You can see this distinctly when governmental agencies and services are privatized, or when private enterprises are confiscated by governments.

BUSINESS



The Golden Core

As I explained the center of my model is God. God has put love central in and through Jesus Christ. So the central value of my model is Love. I use this as an iso-standard. Love incorporated by Jesus is the iso-standard. We keep that as goal, motivation and for all else.

Starting with this central value I develop my theory of values. It is very simple, what we call values are actually 'micro-values'. But there are also meta-, and master-values. And to make the picture complete, also an overarching value and an interactive value.

Theory and practice. It is common for people and organizations to say they have and follow certain values, even publicize them on their website, have posters with them and use them in their daily speech. Sometimes with mouthfuls. If they are congruent with their actions and reality that is good, very communicative and consistent. But if word and actions differ there is an issue, maybe a problem, maybe even worse (misleading, wolf in sheep's clothes etc). But the intention is to have beautiful and excellent values, and live by them, enriching other people's lives.

The most central value is the **master** value, it rules everything. For me, Jesus being the master, it is Love. As defined by Jesus, non-sexual, serving, sacrificing love, towards God and mankind, looking for the good, working toward the good, helping, healing, teaching, leading love. We do not define love, God does.

Then there are the **metavalues**, three for each dimension of being. The four dimension of being are: Ge, Ee, We, and Me. The God-dimension, the Environment-dimension, the Social-dimension, and the Personal-dimension. God is not part of creation, God is the Creator, so – as in the double love command of Jesus – God is first.

In the Ge-dimension the metavalues are Being, Meaning and Rational (thinking etc.).

In the Ee-dimension the metavalues are Ecology, Durable and Dynamic.

In the We-dimension the metavalues are Relations, Community and Emotions.

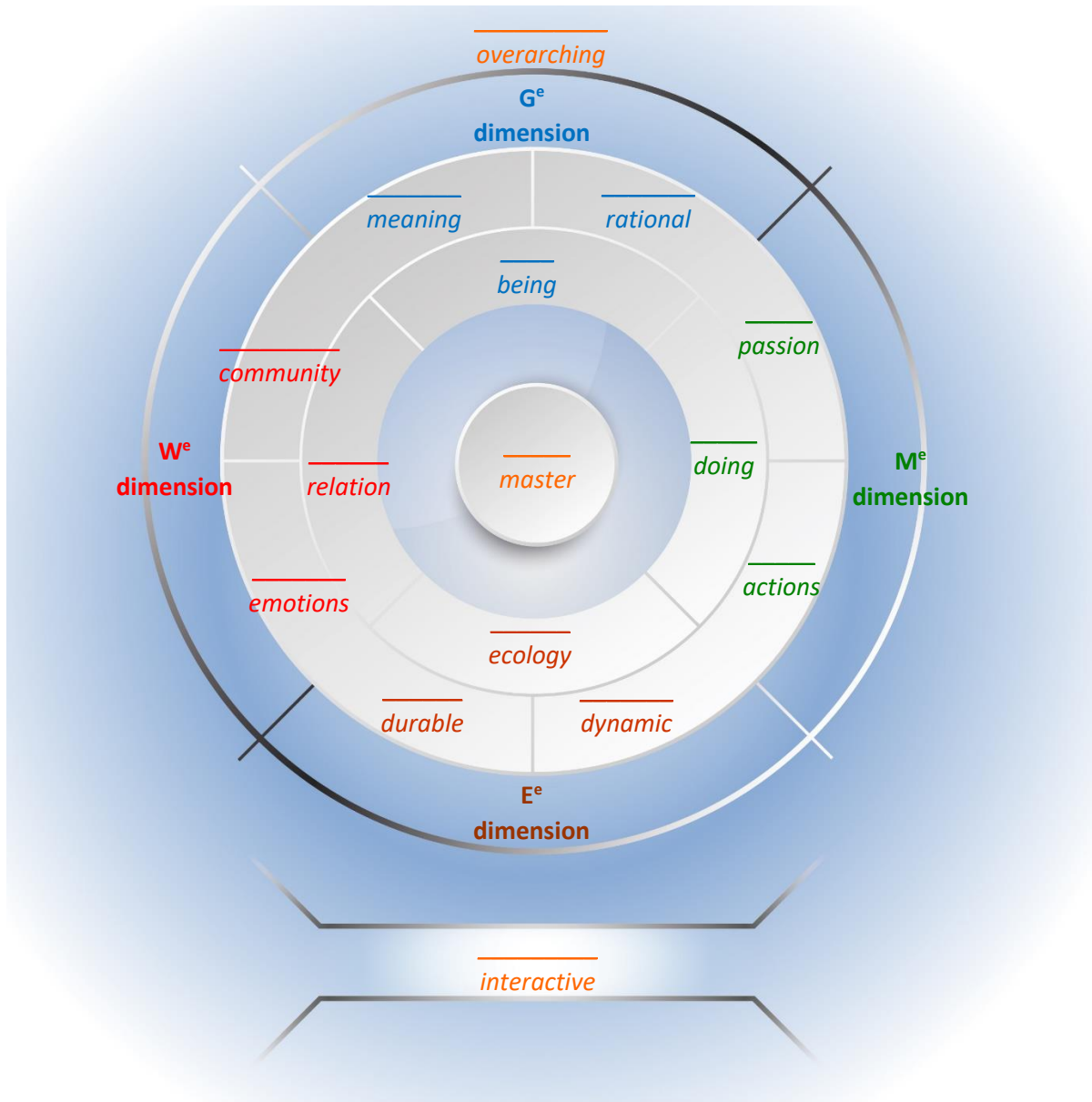
In the Me-dimension the metavalues are Doing, Passion and Actions.

The key and your job is to fill in a **microvalue** for each metavalue.

Then there are two very important values, the **overarching value** and the **interactive value**. The first is what all your values strive to attain, for me that is Shalom, meaning Wholesomeness. The second can change, and typically does, it specifies what is important now. For instance in eCommerce: speed. On **counter-values**: they are values turned upside-down, the other way around or against you.

Values are what is important to you, norms and standards are how you measure that. First get your values straight and then use appropriate norms and standards to measure them.

THE GOLDEN CORE:
VALUES



WORK

In the 3RModel® for work put what you are in the center circle, then what you do, what your abilities are and your knowledge. So from the outside: Know, Can, Do, B(e). List yours.

Know - computers, thinking, religion, people, health, governing, law, money, science, arts, transport, building, sports, music, communication & language, geography, history, biography, math, statistics.

Can, competencies: verbal communication, verbal presentation, written communication, listening, sensitivity, persuasiveness, negotiation, impact, cooperation, sociability; initiative, effort, ambition, self-development, integrity, discipline, loyalty, result-oriented, sense of quality, involvement; adaptability, assertiveness, stressability, independence, perseverance, flexibility, accurateness, representative, self-reliance; problem-analysis, ability to make judgments, decisiveness, vision, organizational sensitivity, awareness of surroundings, ability to learn, creativity, able to organise your own work; entrepreneurship, market-oriented, customer-oriented, networking; leadership, coaching, delegation, plan & organise, control; patience, cost awareness, service oriented, tolerance,...

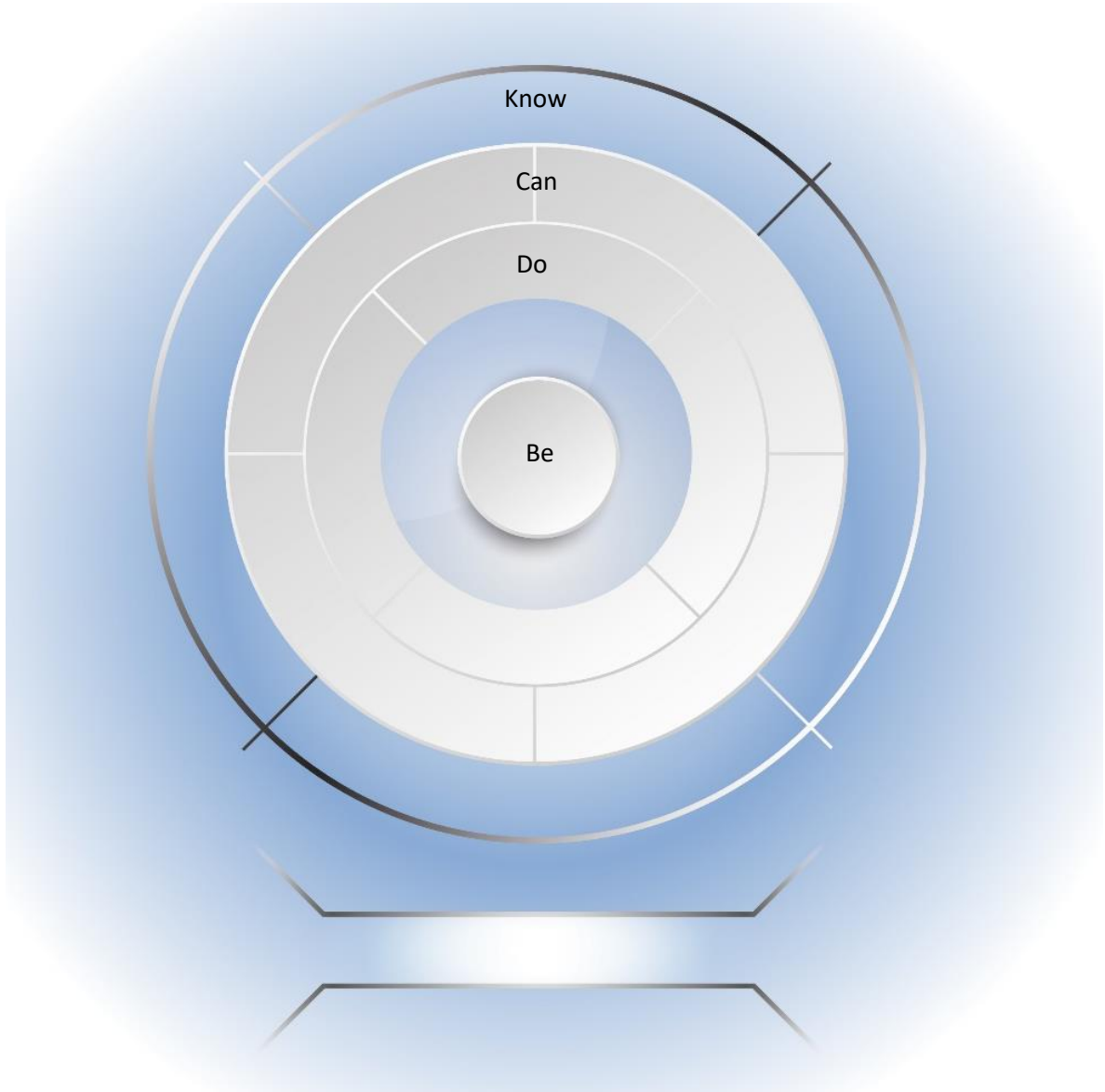
Do: Achiever, Activator, Adaptability, Analytical, Arranger, Belief, Command, Communication, Competition, Connectedness, Consistency, Context, Deliberative, Developer, Discipline, Empathy, Focus, Futuristic, Harmony, Ideation, Includer, Individualization, Input, Intellection, Learner, Maximizer, Positivity, Relator, Responsibility, Restorative, Self-Assurance, Significance, Strategic, Woo (winning over others).

B: balans, international, urgency, change, green, wholeness, national, growth, knowledge, local, legacy; faith & religion, wisdom, simplicity, efficiency, effectiveness, structure, quality, creativity & innovation, perfection, beauty; commitment, teamwork, trust, family, loyalty, friendly, accountable, fairness, diversity, status, customer satisfaction, authority, recognition, respect, volunteerism; passion, fun, achievement, independence, own culture, self-governing, courage, competence, self-regulation, fitness, integrity, honesty, festive, happy, money & wealth.

For your human potential it is absolutely necessary to start using it. This is sometimes not possible for pay immediately (if you would like to) but start with yourself and people around you who help you. Ideally the Church should help you find, fill and fulfill your potential – for the glory of God. Schooling helps you develop it, training to make it practical, volunteer work to do it and try it out, working for pay to make a living with and out of it. My position: God gives you one or more gifts, use it freely, it will probably make room for you to get money using it.

Remember the surrounding: sometimes you are not human potential, just human resources. Look in your network who needs what you can do, and offer them your services. Sometimes that might mean starting without pay. But if you need the money look for someone who is willing and able to pay. A workman or -woman is worth his or her pay. And enjoy it!

WORK



STUDY

The goal of studying is to know, the goal of training is to be able, the goal of coaching is to apply. When you study you seek to add knowledge. Very important is the reason and goal you want to add the knowledge. State is shortly in general and every time you study something try to be precise in what you want to know. Sometimes just reading something is enough for you to 'study' something. Be happy. Studying has various phases. In describing it I use the example of a book. But you can also be studying a chapter, a paragraph, various books, a subject.

1. Orientation

You start getting a feel and know of the book. By looking at the cover, reading it, looking at the content, reading it, flipping through the book and reading here and there. The goal is to get a general feel of the book, its contents and its structure. Do you still want to read it and will it help you? Try to be precise in what you want to gain from studying this book. You can put the title's keyword in the center of the 3RModel®, those of the chapters in the first ring and those of paragraphs in the next ring. (Of course if things get crowded use another page, or a page per chapter – it depends on how in-depth you work and write your notes; sometimes less is more, write less and learn more). If you know how to speedread, just do it.

2. Information (i.e. Research)

Now start reading for understanding the first and last alinea's of each chapter, then paragraph. Then read the whole book through. Maybe you need to do it twice to really get the information and understanding. As you read freely fill in you 3RModel® and expand on it on more pages. Whatever helps you to retain the information, digest it and understand it. Visual studying – drawing the information and your insights – has often helped me and is a cool way to work. The drawing does not have to be professional or big, just yours (with or without a lot of colours). At certain time you have the feeling that you get the gist of the book, try to summarize it for yourself. For me the best way is to make a 3RModel® organizing the information as I understand and see it.

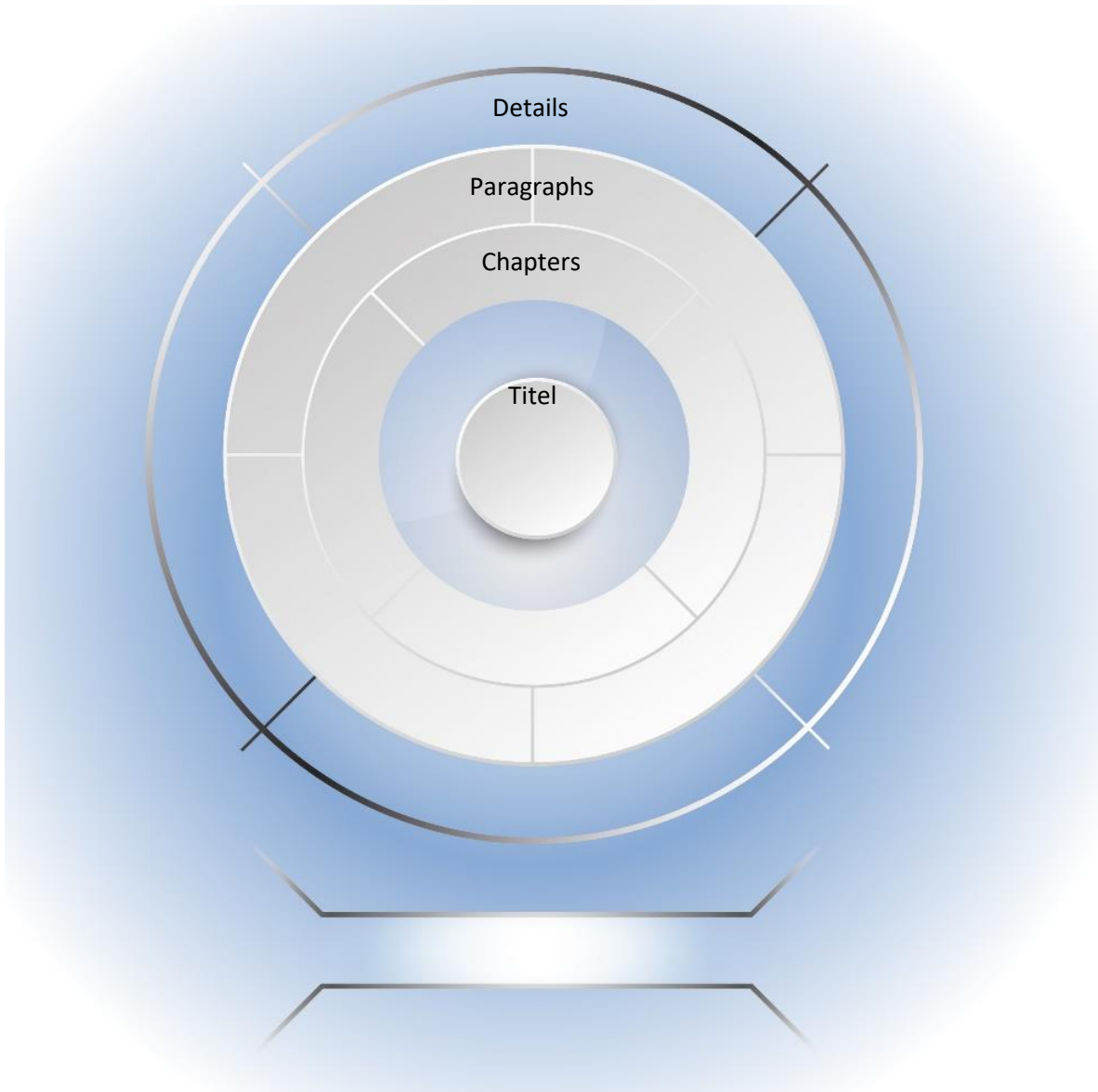
3. Integration (i.e. Reflect)

Once you know the information now is the time to put the book aside and see what it means to and for you. Using another color pen start looking over the information and reflect on what it means to you, adding a note here or there. See how it impacts your thinking and life. You can write if you agree or disagree. Or want more information, or say 'this is interesting'. Make the information your own.

4. Application (i.e. Reignite)

After reflecting on the information see if and how you can apply it. Sometimes you study just to gain information, not to anything with it at the moment. Still try to find one, two or three things you can do now that you have integrated the information. It will help. For instance, talk to a friend about an opinion you just read, try to learn a technique you read about, write a quote of the book on a card.

STUDYING



The Full Model

By now you will have understood and felt that the 3RModel® is very versatile and useful. Especially if you consistently use the 3R's, it will give you immediate progress and focus. What I presented up to now is the simple version. Now I want to tell you more of the full version. This is just to give you an idea and trigger you to go further and use it even more and to more advantage. You might will probably have to get the book to fully grasp this.

The nicest little extra you can do is to add a Status before and after the 3R's. Status-start (S0): write what is. 1R write how this status came to be. 2R write what connections you see. 3R write what you can do and do it. Status-end (S1) write the new status after doing what you did.

The 3RModel® is a fractal model. Whatever you do you can do at a bigger level and at a smaller level. For instance you can describe a business, then zooming in, a department in the business, or zooming out, the field of business you are in. Putting those three next to each other will help you.

You can use it for 1, a group or all. For one person, a group of persons (like a department), or the whole organization. You can use it for the past, present and future; using small time frames like days or large time frames like centuries. For the future you can also develop varying scenarios. For the past different analysis. You can use it in a 2D mode, a 3D mode or a 4D mode (adding time).

Realize that you can have the 3RModel® on paper, electronically, in your mind or in reality. For instance, Lego® offers you the possibility to re-enact your situation and work dynamically with it. Networking and relating is tremendously important, both internally and externally. To represent the external relations I use five circles with the symbols: *, +, ~, -. The * stands for those who are very positive and supporting, the + stand for those for you, the ~ for those indifferent to you and the – for those negative towards you. Know, deal with and manage them all.

Everybody can reach anybody in the world in seven steps or through seven connected connections, somebody calculated. For instance I knew a politician who knew someone in Obama's team; Obama was only three steps away. For the surroundings this means to me that we have impact, and are impacted through seven rings or layers. I directly interact with my primary ring, that triggers something indirectly in a secondary ring, which can work through in a third ring and so forth.

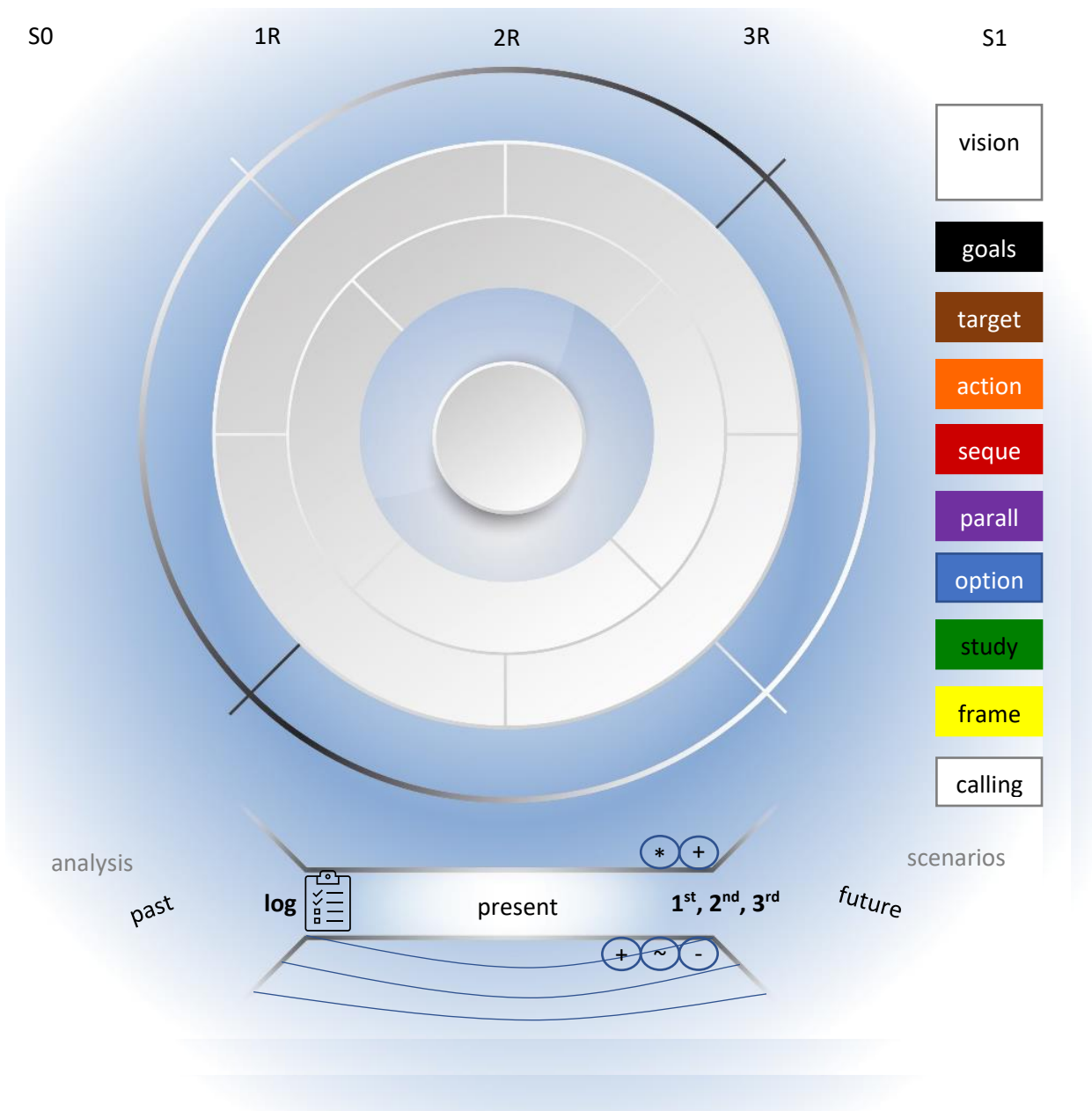
The planning process I advise is: state your vision (flowing from your dream), then you calling, in what framework you put it, study on it, name the options, see what can be done parallel, write the sequence of things, name the actions to be done, the targets and goals, all fulfilling your initial vision. If I can give you two big tips and one handy tool, one challenging thing: log it! Write down from now what you do. Generally or in detail. This will become a tremendous help in two ways. Firstly, in a direct way it will give you information about what your really did (not just thought about) and so save you time when doing the 1R as you already have the information. Secondly, indirectly it will help you to stay on course with what you were supposed to do and be conscious if you deviate (which will happen). The second tip is: prioritize what you are going to do: 1st, 2nd, 3rd; it's already in 3R=Reignite.

Always: 1R/Research – 2R/Reflect – 3R/Reignite. It only takes a minute to get you going.

THE full 3RMODEL®

Level down < Fractal > level up

one – a group – all



BLANK MODELS

2 x 3 + 10

As extra there are blank 3RModel®s for you to work with, the core model, the core+ model, and the whole model. In the book, box and online there are more designs available, even 3D (full workable CAD version). Off course you are free to make your own version on paper or otherwise. Next to the three blue versions of the model you get two extra version. Both are white. One is 2D and the other is 3D view.

BLANK 3RMODEL®

core

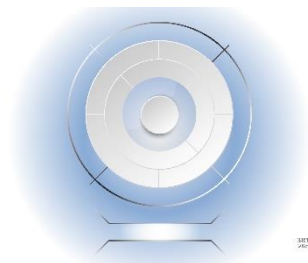


BLANK MODEL

Core+

BLANK 3RMODEL®

Whole



EPILOGUE



Just 3RM® it!
done within a minute

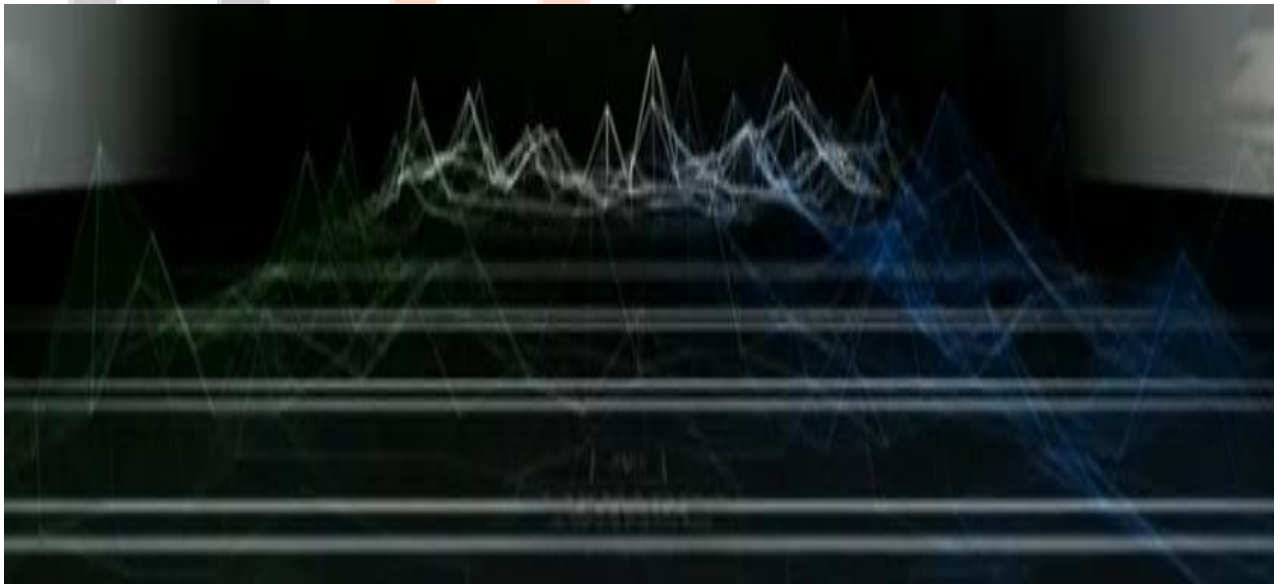
Thank you very much for reading and using this booklet. I hope and trust that it has enriched your life and thinking.

Currently I am working on a full book on the 3RModel® - a challenge God gave me years ago. But six to seven attempts down the road have not born the full fruit of the book yet. But I will get there, soon.

Next I hope to develop an app and program, which will be in future versions of the 3RModel® Box. As well as online.

Also I hope and expect to keep developing the 3RModel® especially in sub-models and put them out there for you to help you.

One of the developments of the 3RModel® will be that it can also measure quantity and use graphs.



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3RModel®

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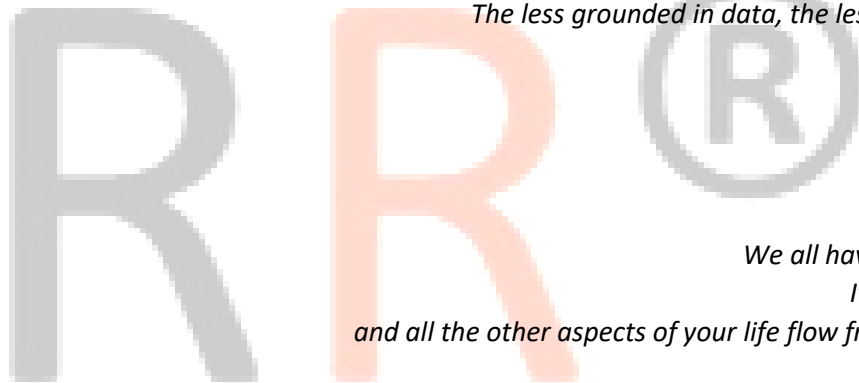
The model was developed over twenty years since 1999.

*All truly great designs are beautiful
as well as functional.*

David Gelernter

*...we have no direct perception
of any of the multitude of systems that dictate the realities of our lives.
We understand them indirectly, through mental models and take action based on those models.
The more grounded in data those models are, the more effective our interventions.
The less grounded in data, the less effective they will be.*

Daniel Coleman



*We all have one life, the God-life.
It has God at the center,
and all the other aspects of your life flow from, and hinge on, him.*

Brian Houston

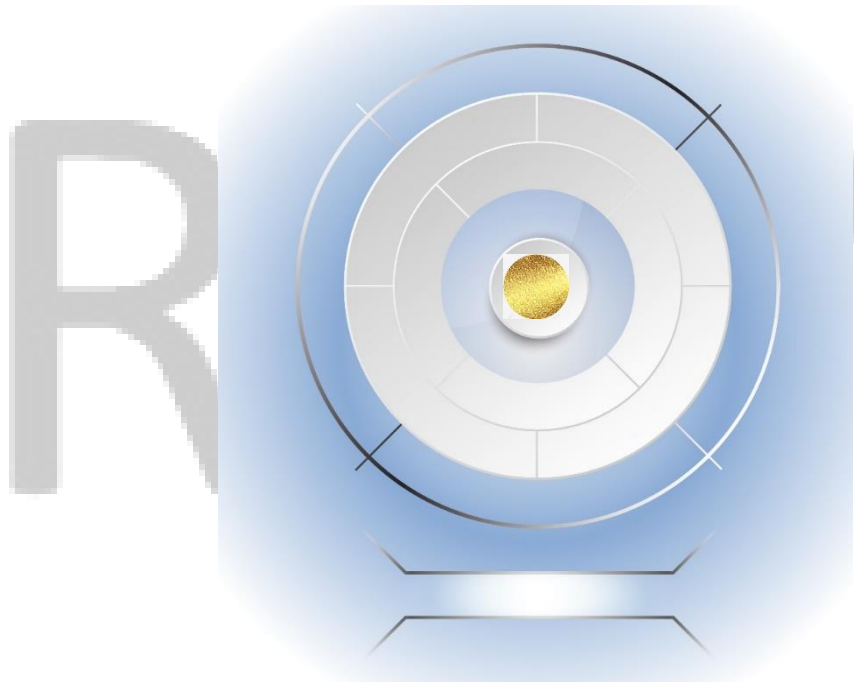
'For This I was Born', page 101

More to the Core



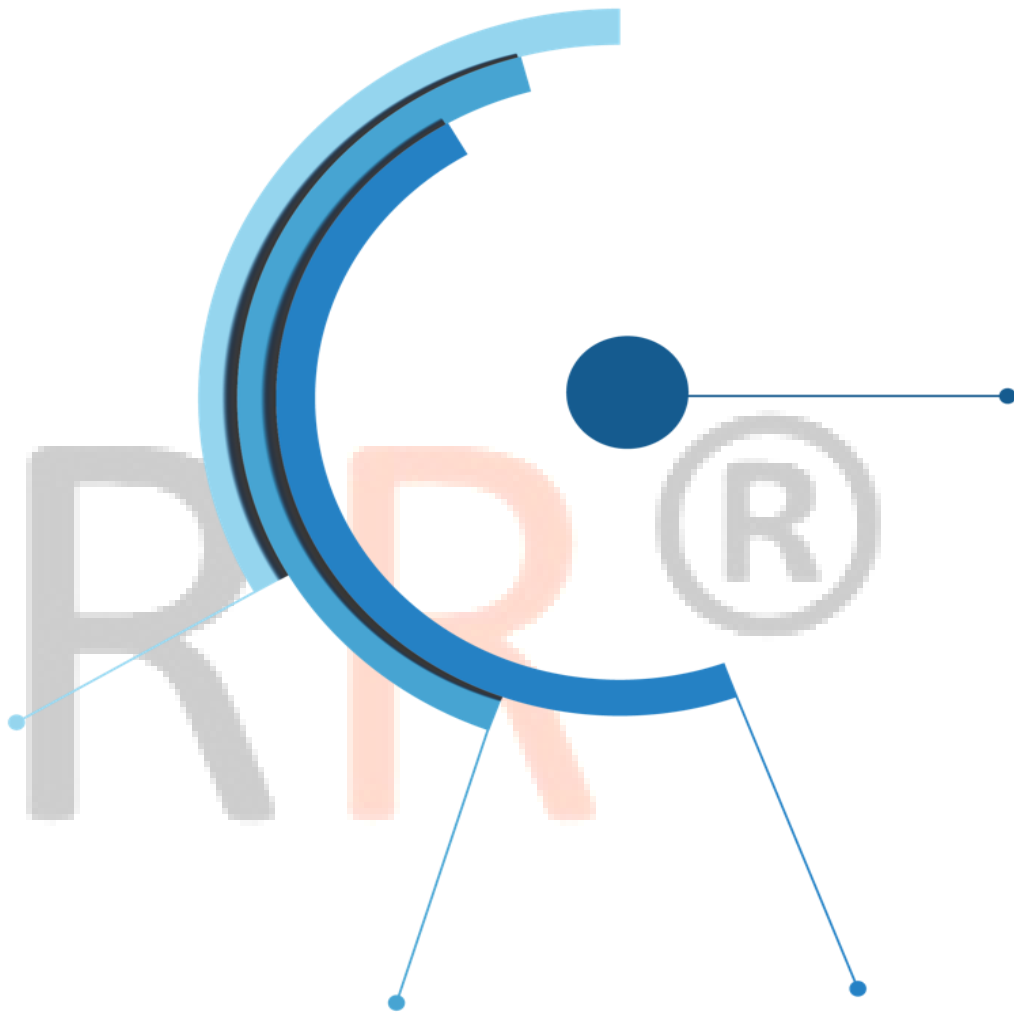
Work the Core, It brings more.
What is your core you are living from?

With the 3RModel®



The most versatile, helpful, fast, slow, exact, manipulable, communicative, insightful model there is. It will help you get a new view on your life and learning within minutes. You can apply it within 5 minutes, to anything, anyone, anytime, in any way and for any purpose.

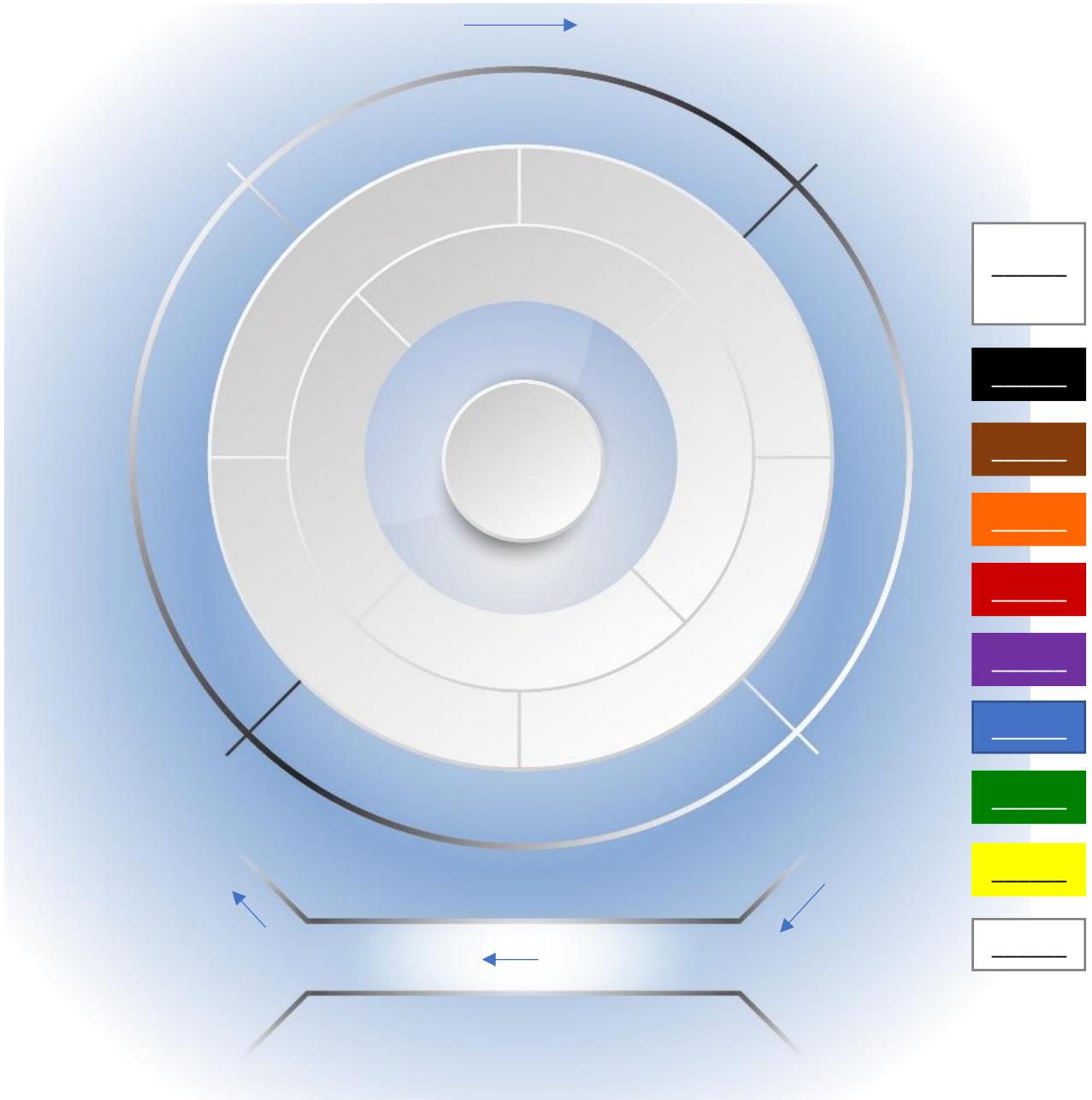
This is the best model I have ever used.







S0 1R 2R 3R S1



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Total
3RMODEL®

S0

