



TRAC™

Report

Running the Race & Breaking Through

“And let us run with perseverance the race marked out for us, 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.” — Hebrews 12:1,2

Running the race set before you will require greater focus and discipline. The challenges are great and the stakes are high.

“Human beings are hardwired to do one thing at a time with excellence. Science tells us the human brain achieves its best results when it gives full focus to one, single object at any given moment.” (Four Disciplines of Execution, p. 25).

You can ignore the principle of focus, but it won't ignore you. Focus is about harnessing effort to achieve one, top strategic goal.

Breakthrough requires more than just desire. It requires identifying what could be holding you back, establishing a strategic course to address that need, and securing the help of others.

The pages in this report will help you pinpoint your greatest area of need, and provide a onramp to help you move towards breakthrough.

TRAC consists of three core components:

1

The TRAC360° Assessment helps Christ-followers gain understanding of where they are in their development, and help pinpoint their strategic needs as they move forward. The assessment helps bring greater objectivity to what is 'seen' and what is 'not seen' in regards ongoing growth and influence.

2

Participants are able to better interpret the results of the assessment with the help of a trained TRAC Coach. The TRAC

Briefing interview allows the participant and coach to review the results and suggested Coaching Plan (included in this report) and set-up four coaching appointments. The focus of TRAC is to address what could be holding a Christ-follower back and establish a clear set of action steps for breakthrough.

3

The TRAC Coaching Plan, combined with a series of concise coaching videos, help guide four coaching conversations and yield new discoveries. After the coaching appointments, the participant and coach determine the impact of the TRAC coaching and can then determine the value of continued coaching.

The End Result

By focusing attention on one strategic need, TRAC seeks to increase the potential for breakthrough, helping Christ-followers take the next steps forward in their development.

TRAC is about jump-starting coaching, helping individuals and their coach discover and invest effort into an area of greatest need. The series of four-coaching appointments, coaching videos and PDF resources provide a defined course to run and create new momentum.

The greatest challenge in narrowing your focus is saying “**No**” to good things you could be doing, in order to say “**Yes**” to the best things. Nothing is more counterintuitive for a leader than saying “No” to opportunity, but nothing is a greater destroyer of focus than always saying “Yes.”

Your Assessment Results

Now that you have completed the TRAC360° Assessment, the next step is to set your course. Use the results, interpretive guide and proposed coaching plan in this report to set your course and run the race ahead of you.

Your areas of greatest need right now are **Choices (Awareness)**. Your critical issues are **Transition, Trust**.

T 15

Trajectory

Trajectory addresses issues of direction, overall development, big-picture perspective, God's past shaping work, issues related to movement forward.

R 18

Replenishment

Replenishment addresses issues of interior life, self-care, deeper intimacy with God, personal renewal, and the shaping of character.

A 28

Awareness

Awareness addresses issues related to personal identity, stages of development, differentiation, self-acceptance, gifting, and role.

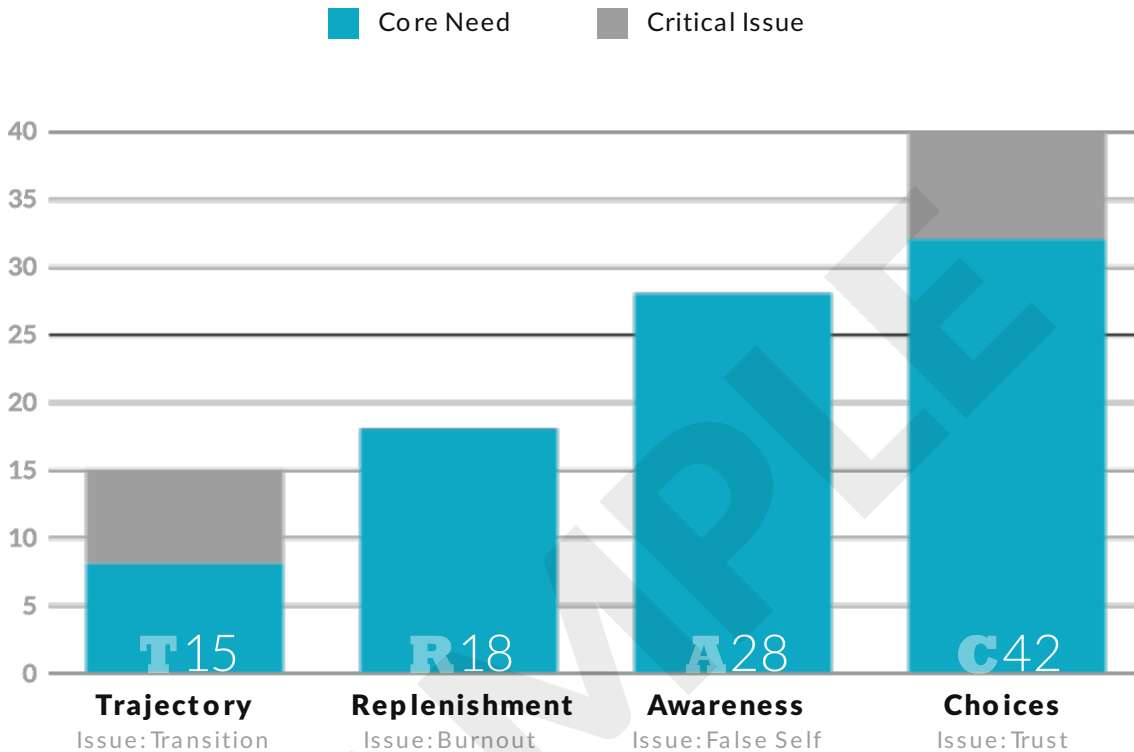
C 42

Choices

Choices addresses issues related to decision-making, focus, life priorities, trust, alignment, and saying no/yes.

Understanding Your Score

Your score for each area is based on two factors: **Core Need** and **Critical Issue**. The higher the total score in one area, the greater your need is for exploration and insight.



Reading Your Score

The graph above depicts your overall score for each area as well as a breakdown of Core Need (blue) and Critical Issue (gray).

A total score of **25 or more** in any area, indicates an immediate need to discuss and explore.

A total score of **24 or less** in any area, indicates you are doing OK in and should continue on while monitoring.

Any Critical Issue with a score of 5 or more also indicates the need for special attention and exploration.

Interpreting Your Results

Your TRAC360° Assessment score reflects a desire (and need) for greater discernment related to choices and decision-making to be made in the future, both in life and challenges related to personal development. Higher Scores (+25) in CHOICES and AWARENESS involves hearing God's voice and making effective decisions especially in light of better understanding who God has made you to be, and the influence He has shaped into your life. Choices often can mean being willing to say "no" to the good, in order to be able to say "yes" to the best.

Issues/Needs

Aligning with God's shaping work, assessing situations, strategic next steps, acts of obedience and surrender, decision-making for crossroad moments, calling and contribution provide a grid for future direction and involvement. Choices involve greater trust and dependency on God, learning to walk by faith. Awareness involves issues of self-definition and self-acceptance. Choices that are made based on clarity of calling and contribution often help to move a Christ-follower forward in their growth and development.

What Higher Critical Issue Scores Could Mean

If Transition Score +5: In-between development time; shaping of character and influence.

If Burnout Score +5: Growing depletion and the need for personal renewal; four stages of burnout.

If False-Self Score +5: Current context is holding back true-self from being expressed; authenticity.

If Trust Score +5: Growing needs are calling for increased dependency on God; growing spiritual authority.

Coaching Conversations

It's recommended that you focus coaching discussion around how God has been at work shaping your life, what values and core convictions he has instilled in you, and what choices will better align you with His purposes. Choices/decisions often require courage. Courage can be gained by looking back in terms of how God has shaped you in the past. Choices are about alignment. The more we align with God's purposes, the more we see how God is at work.



Choices (Awareness)

The life of Christ involved choices. Each of our lives is no different. All Christ-followers will go through a series of paradigm shifts en route to finishing well. Each will result in re-aligning one's life and behavior. The early disciples faced many such moments. Realizing this early will help Christ-followers to be alert to the challenges as they seek to run the race set before them. At some point the journey will move from the known and familiar, to the unknown and the narrow. When it does, choices will be required to stay the course and hear "well done good and faithful servant." (Matt. 25:21-23)

PRINCIPLE: Christ-followers and leaders who finish well make the required continual choices to align with Christ and His purposes, and to live with a big-picture, lifelong perspective.

Verses that speak to the issue of Choices:

"But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord." (Joshua 24:15)

"As the time approached for him to be taken up to heaven, Jesus resolutely set out for Jerusalem." (Luke 9:51)

Jesus lived the most focused life of all. Through each major stage of his life, we see him making choices in alignment with the will of the Father. At times this meant times of retreat and getting away, at others proclamation of the Gospel, still others healing the sick and confronting His religious critics. Each step of the way meant choices. Luke 9:51 states that Jesus made the choice of the cross as he "resolutely set his face to Jerusalem."

CHOICES: *Trust, Questions, Intentionality and Action*

Choices are a key part of growth and ongoing obedience. As choices are made, God reveals the next steps in one's formation. The source of effective decision-making for life direction should be tied to past development and how God has deposited lessons and values into each of our lives.

AWARENESS: *Self-definition, Spiritual Authority and Styles of Influence.*

Self-awareness focuses on issues of identity—understanding who we are, and who we are not. Greater self-awareness allows for greater understanding of our unique, Kingdom contribution. The pursuit of self-awareness is not about personal fulfillment, but about discovering our role and purpose in the context of community.

CRITICAL ISSUES: *Trust in God and False Self*

Trust reflects issues of dependency and faith. Trust needs to be reflected in behavior. Often there are issues or self-limiting beliefs that can hold back even the most well intentioned believer. *False Self* is about issues of identity and living according to who God has shaped us to be, as opposed to the voices of the culture or our past.



Recommended Coaching Plan

Based on your TRAC360° Assessment results, the following Coaching Plan (series of intentional coaching conversations) is recommended by Leader Breakthru. This Coaching Plan offers a potential path forward as you seek to overcome the obstacles which could be holding you back—helping you make key choices in order to move forward in your development.

Your area of greatest need is: **Choices (Awareness)**

Watch: *Luke 9:51* Video (see your TRAC account web page for all videos)

Conversation

1

Suggested Topic: What choices did Jesus make? What was the cost?

Discuss: *Luke 9:51* Video

Consider: Journaling choices that could be ahead.

▶ **Next:** Watch *Four Questions* Video

Conversation

2

Suggested Topic: What are the most strategic choices ahead of you?

Discuss: What's Right? Wrong? Confused? Missing?

Consider: Intentional Prayer Focus: Hearing God's voice.

▶ **Next:** Watch *Ten Tools* Video

Conversation

3

Suggested Topic: Which processing tools most apply right now?

Discuss: How is God at work shaping you and your character?

Consider: *Finishing Well*: What Could hold you back?

▶ **Next:** Watch *Trust* Video

Conversation

4

Suggested Topic: What could hold you back? Obstacles?

Discuss: Decision-making and making the right choice.

Monitor: Accountability questions / Future Coaching

▶ **Decide:** *Extend coaching or conclude?*

Five coaching questions related to Choices:

(1) How might God be using your situation to bring about change(s)? (2) What does the past tell us about the choices God calls you to make? (3) What are (appear to be) key choices that could be ahead? (4) In what ways is God shaping you and your character as He calls for you to make choices? (5) How do you typically react when you know you must decide/make a choice?

Optional Coaching Plan

The recommended Coaching Plan on the previous page is just that, a suggestion for a series of coaching conversations with coaching videos to help seed those discussions. The Optional Coaching Plan template below allows you and your personal development coach to chart your own series of coaching appointments that might better address what God has revealed from the TRAC360° Assessment.

Your area of greatest need is: **Choices (Awareness)**

Conversation 1

Topic:
Re-ordered Video/Discussion:
Potential Issue:
▶ *Next Topic:*

Conversation 2

Topic:
Re-ordered Video/Discussion:
Potential Issue:
▶ *Next Topic:*

Conversation 3

Topic:
Re-ordered Video/Discussion:
Potential Issue:
▶ *Next Topic:*

Conversation 4

Topic:
Re-ordered Video/Discussion:
Potential Issue:
▶ *Next Topic:*

Recommended Resources

Resources from Leader Breakthru

Transformation Paradoxes

<https://lbu.leaderbreakthru.com/products/transformation-paradoxes/>

Five Choices

<https://lbu.leaderbreakthru.com/products/five-choices>

***Deciding* (book):**

<https://www.leaderbreakthru.com/deciding>

Apex (online process):

<https://www.leaderbreakthru.com/apex>

Books & Other Resources

The Critical Journey, Janet Hagberg and Robert Guelich

Ruthless Trust, Brennan Manning

You Are What You Love, James K.A. Smith

SAMPLE

1 2 3

