



# TRAC™

Summary Report

SAMPLE



# 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.

This TRAC Summary Report provides a 'snapshot' look at your personal development as a Christ-follower. The assessment gauges your current state around the four categories of lifelong development and discipleship: **Trajectory - Replenishment - Awareness - Choices.**

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 the full 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 available in the full report, 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 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.”

# Assessment Results

Now that you have completed the TRAC360° Assessment, the next step is to set your course. Use the results below and included interpretive guide to set your course and run the race ahead of you.

Your area of greatest need right now is *Awareness*.

**T** 15

## **Trajectory**

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

**R** 21

## **Replenishment**

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

**A** 31

## **Awareness**

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

**C** 20

## **Choices**

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

# Interpreting Your Results

Your TRAC360° Assessment score reflects a need (and desire) for continued clarity related to your identity, influence and self-awareness.

**Your high score (+25) in AWARENESS reflects a growing need to clarify who you are and how best to understand your calling and unique contribution.**

Awareness involves issues of self-definition, differentiation and unique contribution. When self-awareness is paired with self-acceptance it fosters new understanding of one's identity in Christ. Your influence of others is often directly related to your understanding and acceptance of your identity—whom God has made you to be.

Issues/needs:

There could be a need to clarify personal calling, unique contribution, values, role, effective methods as well as a need to adopt new paradigms to better handle the new demands and challenges ahead.

As self-awareness grows it calls upon you to move into greater self-acceptance, and the corresponding choices required. Life complexity and time demands often push these issues and the need for better decision-making to the forefront.

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# Potential Next Steps

Three sets of questions worth exploring:

1. Who knows you best? How would they describe you?  
How different is their description to how you see yourself?
2. What would it take to better know and accept who God has created you to be?
3. In what area/way has God been at work revealing who you are as a person and Christ-follower?  
What has been your response?

Three books that can help take you deeper:

1. *The Critical Journey: Stages in the Life of Faith*, Janet O. Hagberg and Robert A. Guelich
2. *A Failure of Nerve*, Edwin H. Friedman
3. *The Gift of Being Yourself: The Sacred Call to Self-Discovery*, David G. Benner

Three ways Leader Breakthru can resource you further:

- 1 Upgrade to the TRAC Full Report which includes: expanded explanations and interpretive helps, access to coaching videos, personalized coaching plan (for self-coaching or for use with a coach), and a free digital copy of the book *TRAC: Personalizing Your Personal Development* by Terry B. Walling.
- 2 Get a trained TRAC Coach who (in conjunction with the TRAC Full Report) will provide you to two, 45 minute coaching sessions. [Learn more »](#)
- 3 Explore our series of online discovery processes that can help you clarify your Calling (Focused Living), your Contribution (Apex), or issues of Convergence (Resonance). [Learn more »](#)

*The TRAC360° Assessment has been developed by Leader Breakthru to provide a snapshot of your development, as well as a place to begin when considering next steps in your ongoing discipleship. For questions: [help@taketrac.com](mailto:help@taketrac.com)*