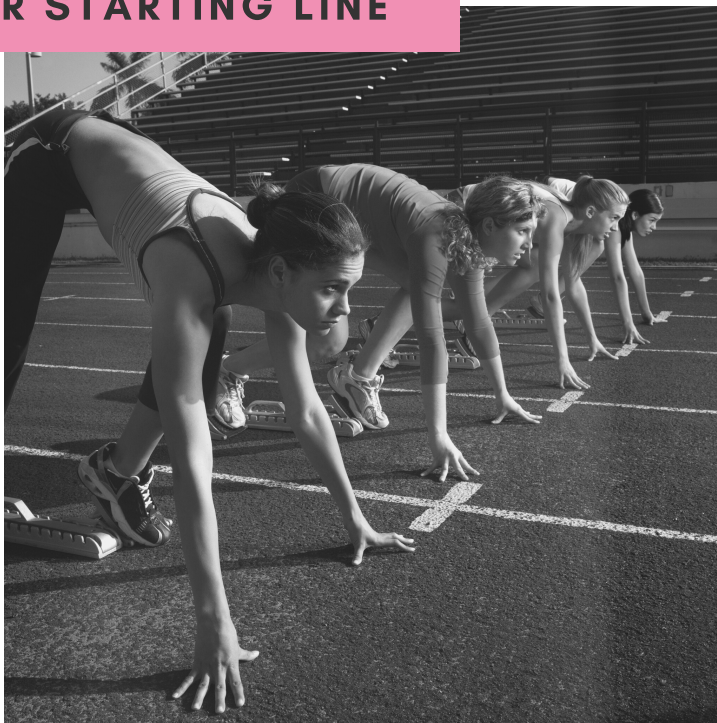


EMBRACE *your* RACE

6 WEEK LEADERSHIP & DEVELOPMENT COURSE

WEEK 1
START YOUR
PERSONAL
ASSESSMENT

FIND YOUR STARTING LINE



INTRODUCTION

Before an athlete decides to run a race, she has to assess where she is at physically, emotionally, mentally, and spiritually. Clear evaluation must be made before she can successfully begin to train. Every race has a starting line. What's yours?

1 Corinthians 9:24-27

"Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadow boxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified."

WHERE DO I START?

To know where you're going, look back at where you've been.

IN THE PAST, I WAS MOST HAPPY WHEN I...

I'M REALLY GIFTED AND TALENTED AT...

I TRIPPED UP AND/OR WAS UNHAPPY WHEN I...

Identify areas that need growth.

IT WOULD MAKE ME REALLY PROUD TO BE BETTER AT...

WHAT IS IT THAT I WANT TO START?

WHERE IS MY HEART?

Count the Cost Luke 14:25-34

BRAINSTORM WHAT IT WILL COST ME TO RUN MY RACE.

TIME: _____

MONETARY: _____

CONSIDER WHAT I MIGHT HAVE TO GIVE UP OR LAY DOWN.

**WHAT TRAINING OR RESOURCES WILL I NEED?
WHERE CAN I FIND WHAT I NEED?**

Am I FULLY Committed? 2 Timothy 4:7

**DO I HAVE A TENDENCY TO QUIT WHEN THINGS GET HARD, OR
MONOTONOUS, OR BORING?
DO I START THINGS AND THEN NOT FINISH THEM? WHY DO I DO THAT?
WHAT HAS HINDERED MY COMMITMENT IN THE PAST?**

AM I IN ALIGNMENT?

Evaluate and honestly write down how you are doing in each of these areas

SPIRITUALLY

"God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares. See if there is any path of pain I'm walking on, and lead me back to your glorious, everlasting way -- the path that brings me back to you." Psalm 139:23-24 TPT

MENTALLY

"Set your mind and keep focused habitually on the things above [the heavenly things], not on things that are on the earth [which have only temporal value]." Colossians 3:2 AMP

EMOTIONALLY

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philipians 4:6-7 NLT

PHYSICALLY

"Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore glorify God with your body." 1 Corinthians 6:19-20 BSB