

R.A.C.E. Compass Check-In

A Weekly Mental Fitness Practice for Ministry Life

One minute. Four steps. A rhythm to keep your internal compass aligned — so you don't drift, disconnect, or carry more than you're meant to.



R REMEMBER

What's true about who I am?

✍️ Write a simple identity statement grounded in God's voice — not performance or pressure.

Prompt:

"God says I am..."

Example: enough • chosen • held • equipped • still growing • not alone



A ADMIT

Where am I drifting from that truth?

🎯 Get honest. Drift is subtle — fear, hurry, resentment, self-doubt. Notice it without shame.

Prompt:

One sentence that names the drift:

"I notice I've been..."

Example: trying to prove myself • shutting down emotionally • avoiding rest • feeling stuck • holding it all in



C COMMIT

What small act will realign me this week?

🏃 Mental fitness builds through repeatable, realistic steps — not heroic efforts.

Prompt:

"This week, I will..."

Example: speak honestly to a friend • take a tech-free walk • pray before reacting • ask for help • leave room for silence



E ENCOURAGE

Who will I invite into this with me?

🤝 We weren't made to run this alone. Connection multiplies endurance.

Prompt:

"I'll tell _____ about my step and ask them to check in."

Bonus: Encourage them to do their own R.A.C.E. check-in, too.

Want to learn more about Mentally Fitness in Ministry?

Forte helps ministry leaders and the teams who serve alongside them build mental fitness with practical support, guided rhythms, and someone to walk alongside you.

👉 Learn more at faith.getforte.com