

Least → Most True

COACH – READY STATEMENTS

I am emotionally healthy and have no unfinished issues that would be better handled through therapy.

1 2 3 4 5

I am willing to stop or change self-defeating behaviours that limit my success.

1 2 3 4 5

I have ideas about what I want but am not exactly sure which direction or steps to take next.

1 2 3 4 5

I am ready to take myself and/or my business to the next level of excellence and integrity.

1 2 3 4 5

I am ready to consider, set and achieve new and challenging goals for myself and/or my business.

1 2 3 4 5

I can handle honest feedback and am willing to consider new ideas, even if they don't fit with my previous thinking.

1 2 3 4 5

Although I may sometimes feel stuck, I know I'm capable of discovering answers that work.

1 2 3 4 5

I realize that ultimately I am responsible for my own happiness and well-being.

1 2 3 4 5

I am ready to take concrete action steps to move toward my goals and dreams.

1 2 3 4 5

I can be counted on to keep my word without struggle or sabotage.

1 2 3 4 5

I am motivated NOW to put time and energy into improving the quality of my life.

1 2 3 4 5

I am prepared to work toward becoming more effective in my life and/or my work.

1 2 3 4 5

I am willing to do the work and let the coach do the coaching.

1 2 3 4 5

I have already taken steps toward my goals and have had some success. Now I'm ready for what's next.

1 2 3 4 5

I am able, ready and willing to make a financial commitment to get the results I desire and deserve.

1 2 3 4 5

Your Total Score:

Scoring Key:

15 – 30 Not Coachable right now. Take some time to rethink what you want.

31 – 45 Coachable, but ground rules must be honoured. Coaching could help you to look at your life from a different viewpoint as well as help you develop a plan to change what it is that you would like to change. However, if you decide to work with a coach now, you should decide and commit that you will take the necessary action for your benefit, or you will not make lasting life-changing improvements.

46 – 60 Coachable. You're in the right place to discover how to accelerate your progress.

61 – 75 Very Coachable. Time to kick it into high gear – and high integrity! You are willing to do whatever it takes to create the life you deserve and desire.