

Are You Ready For Coaching?

Take this short quiz to see if you are truly ready for a coaching relationship.

Yes NO

- I am willing to make the time for my coaching sessions.
- I am ready to take the actions my coach and I will co-create.
- I am willing to try new things and stretch out of my comfort zone.
- I am willing to look at my beliefs, attitudes and judgments.
- I am ready to hear personal feedback and constructive observations.
- I am willing to talk straight and tell the truth.
- I am ready to take full responsibility for all that is happening to me and around me.
- I am willing to eliminate or modify behaviors that limit my success.
- I am ready to give up struggling and live my life.
- I am ready for a change.

For each 'Yes' answer, give yourself 1 point. For every 'No' answer, give yourself 0 points.

Your Total Score: _____

Scoring Key

0 to 4 Points	Not ready for coaching right now.
5 to 6 Points	You are coachable but must establish mutual ground rules between you and your coach before starting.
7 to 10 Points	You are in a great place for coaching and very coachable.