



"AM I READY FOR COACHING NOW?"

Not everyone is ready for coaching. Try the following quiz:
(5 means 100% true, 1 means "no way")

TRUE

- 1 2 3 4 5 I can be relied upon to be on time for all calls and appointments.
- 1 2 3 4 5 This is the right time for me to accept coaching.
- 1 2 3 4 5 I see a strong possibility of achieving what I want.
- 1 2 3 4 5 I keep my word without struggling.
- 1 2 3 4 5 I'm fully willing to "try on" new concepts and ways of doing things.
- 1 2 3 4 5 I will speak straight (tell the whole truth) to the coach.
- 1 2 3 4 5 If I feel that I am not getting what I need or expect from the coach, I will share this as soon as I sense it and demand that I get what I want and need from the relationship.
- 1 2 3 4 5 I am willing to stop or change the self-defeating behaviors which limit my success.
- 1 2 3 4 5 I have adequate funds to pay for coaching and will not regret or suffer about the fee. I see coaching as a worthwhile investment in my life.
- 1 2 3 4 5 I am someone who can share the credit for my success with the coach.

TOTAL SCORE (add up all numbers)

Scoring Key:

10 - 20 : Not coachable right now.

21 - 30 : Coachable, but make sure ground rules are honored!

31 - 40 : Coachable.

41 - 50 : Very coachable; ask the coach to demand a lot from you!

(Quiz by Coach U)