



## WHAT IS MY "COACHABILITY QUOTIENT"?

Rank the following statements from 1 [not accurate] to 5 [very accurate] to see what your current "coachability quotient" is. Remember that "coachability" rises and falls depending on what's going on in your life—if it's not the right time now, it could be later.

---

- 1 2 3 4 5 I will be on time for our scheduled coaching sessions.
- 1 2 3 4 5 I have room in my life to work on my goals outside the session, or am willing to make room.
- 1 2 3 4 5 I'm interested in having fun while coaching!
- 1 2 3 4 5 Sometimes even if I don't agree with the coach's recommendation, I'll give it a try.
- 1 2 3 4 5 I can engage in a mutually honest conversation with my coach.
- 1 2 3 4 5 I am ready to make some changes, and have an idea where to start.
- 1 2 3 4 5 I am free of major addictions and can focus on improving my life.
- 1 2 3 4 5 I would really look forward to a collaborative and inspiring conversation every week!
- 1 2 3 4 5 I value self-improvement and am ready to invest in improving this life.
- 1 2 3 4 5 I am ready to "unstick" some old behaviors.
- 

Add up your score to find your "Coachability Quotient."

- 10 - 20 : You have some concerns preventing you from experiencing coaching most favorably right now. You may want to explore the circumstances around your lowest-scored items above and make some life changes, then take the inventory again.
- 21 - 30 : You are ready to be coached, and may benefit most from working on your emotional foundation—ask the coach to start there. If coaching starts to feel too difficult or "pushy," say so!
- 31 - 40 : You have the resources and intention to make coaching a great investment right now! Don't hesitate to stretch a little into challenges you may not have explored before.
- 41 - 50 : You have plenty of time, energy and money and are probably deciding how to start improving things right now. Make sure the coach keeps you on your toes and asks you to complete big goals!