

## Are you ready to be coached?

Score by circling what is true for you at this time. Coaching is not for everyone all the time. Your coach will need you to be in a certain place and ready to truly be able to help you.

1 = Less than likely through 5 = More than likely (circle only one response for each statement)

- 1 2 3 4 5 I can be relied upon to be present for all calls & appointments
- 1 2 3 4 5 I know this is the right time for me to have coaching in my life
- 1 2 3 4 5 I am willing to do the work & let my coach do the coaching
- 1 2 3 4 5 I keep my word without struggling or sabotaging
- 1 2 3 4 5 I'll try new concepts and am willing to do things differently
- 1 2 3 4 5 I will tell what is really true to my coach
- 1 2 3 4 5 If I feel I am not getting what I want from coaching then I will speak up and tell my coach what I need
- 1 2 3 4 5 I am willing to let go of behaviors/thoughts that limit my success in life
- 1 2 3 4 5 I have adequate funds to pay for my coaching without regret or suffering and see it as a worthwhile investment in my life
- 1 2 3 4 5 I will share the credit for my success with my coach

\_\_\_\_\_ Total Score (add up all the circled numbers)

### Results:

- 10-20 Not coachable at this time.  
21-30 Coachable, but ground rules must be clear and kept!  
31-40 Coachable.  
41-50 Very coachable; ask your coach to ask a lot from you!

Adapted from Thomas Leonard's Coachability Index

