



Are You Coachable? An Assessment

It's so important that you, are in the place in life to get, receive and take action on the help you'll be receiving. This test helps you discover how coachable you are right now.

Rate the following statement. 1 = Not true 5= Very true

_____ I can be relied upon to be on time for all coaching calls and appointments.

_____ This is the right time for me to accept coaching.

_____ I am fully willing to do the work the coach and I determine is necessary.

_____ I will honor all agreements that I make with my coach.

_____ I'm willing to implement new concepts or different ways of doing things.

_____ I am willing to tell the whole truth to the coach, even if it means moving out of my comfort zone.

_____ 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.

_____ I am willing to stop or change any self-defeating behaviors I may discover.

_____ I have adequate funds to pay for coaching and see coaching services as a worthwhile investment in my life for my personal/business development.

_____ I accept that I am ultimately responsible for any changes that I make in my life.

Legend

45 - 50 Prime candidate, this is an ideal time for coaching. Contact Maria right away!

35 - 44 Coachable, make a commitment to take advantage of this opportunity.

26 - 34 Coachable only if you're willing to step out of your comfort zone.

1 - 25 Coaching is definitely not a good option for you at this time.

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