

HOW COACHABLE ARE YOU?

Please circle the number that closely represents how true the statement is for you right now. Then score yourself using the key at the bottom of the page. It is essential that you determine if you are at the place in your life and business where you are coachable. This test helps your coach, and you, to discover how coachable you are... right now. PLEASE BE HONEST WITH YOURSELF!

LESS MORE
TRUE STATEMENT

- | | | | | | |
|---|---|---|---|---|--|
| 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 am fully willing to do the work and let the coach do the coaching |
| 1 | 2 | 3 | 4 | 5 | I keep my word without struggling or sabotaging |
| 1 | 2 | 3 | 4 | 5 | Now is the time for me to grow through personal change |
| 1 | 2 | 3 | 4 | 5 | I will find time to undertake self assessments and agreed assignments |
| 1 | 2 | 3 | 4 | 5 | I am prepared to try new concepts I may not feel comfortable about and report back the outcomes |
| 1 | 2 | 3 | 4 | 5 | I want to develop better interpersonal relationships |
| 1 | 2 | 3 | 4 | 5 | I am prepared to set and accomplish S.M.A.R.T.** goals |
| 1 | 2 | 3 | 4 | 5 | I will tell the truth to myself and to my coach |
| 1 | 2 | 3 | 4 | 5 | I want to achieve measurable results from coaching |
| 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 ensure that I get what I seek from the relationship |
| 1 | 2 | 3 | 4 | 5 | I can afford the fee and will not regret or suffer about the fee. I see coaching as a worthwhile investment to my future fulfillment in life. I believe in investing in myself |
| 1 | 2 | 3 | 4 | 5 | I am someone who can share the credit for my success with the coach, by acknowledging myself |

TOTAL SCORE (add up all the numbers to one total)

- | | |
|-------|--|
| 14-28 | Not very coachable right now |
| 29-42 | Coachable, but make sure the ground rules are honored |
| 43-56 | Coachable |
| 56-70 | Very Coachable, ask the coach to demand a lot from you |

****Specific, Measurable, Agreed to, Realistic, Time-bounded Goals**