



## COACHABILITY ASSESSMENT

Circle the number that comes closest to representing how true each statement below is for you right now. Then, score yourself by counting up the numbers you circled, using the key below.

This assessment will help you discover if you are ready to commit to working with a coach on closing the gap between where you are now to where you want to be.

How coachable are you with 1 being least and 5 being most.

1	2	3	4	5	I want to change what I do from just doing work to doing the right work.
1	2	3	4	5	I want time to devote time, energy and resources to me; self development, hobbies, etc.
1	2	3	4	5	I want more balance between my work life and personal life.
1	2	3	4	5	I take responsibility for my actions and the impact they have on myself and others.
1	2	3	4	5	I am willing to challenge old beliefs that are holding me back from the success I want and deserve.
1	2	3	4	5	I am willing to try new ideas, new approaches, and tools.
1	2	3	4	5	I am willing to eliminate or modify self defeating behaviors that limit my success.
1	2	3	4	5	I take ownership of my successes, my 'failures', my strengths, my challenges.
1	2	3	4	5	I accept responsibility to do the necessary work to change my life.
1	2	3	4	5	I consider coaching a worthwhile investment in developing myself in my personal and business life.

### SCORING KEY

10–20 I am not ready to commit to making changes to my life at this time.

21–30 I want to make changes to my life, but I am unsure where to start. [Click here to schedule a free discovery consultation.](#)

31–40 I am excited about changing my life for the better and am scheduling my free consultation now on getting started! [Click here to schedule.](#)

41–50 Wow! I don't want to wait any longer to make amazing changes to my life, and I want to get started now! [Click here to schedule a free consultation.](#)