

Are you ready for coaching?

Coaching is not for everyone... it takes your willingness to take action, ability to accept responsibility, and readiness to do whatever it takes, letting nothing stand in your way.

Take this short quiz to find out if you're ready for coaching! You can score it yourself, or send it to the Coach for a personal evaluation.

Yes No (1) I am willing to make the coaching process an investment in myself, and I view it a long-term approach to creating changes in my life. I am not looking for a quick fix.

Yes No (2) I am fully ready to do the work necessary to get me where I want to be, and I will let the coach do the coaching.

Yes No (3) I am willing to stop or change any self-defeating behaviors that are creating a barrier to my success.

Yes No (4) I accept responsibility for my actions at all times and will not expect the coach to "fix" me, because I know I'm the only one who can make it happen.

Yes No (5) I have adequate funds to pay for coaching and will not regret or suffer about the fee. I view coaching as a worthwhile investment in me, NOT an "expense", and I will not allow finances to be a barrier to the coaching.

Yes No (6) I am willing and able to be completely truthful with my coach, and I'm ready to hear the truth from my coach even if it is uncomfortable at first.

Yes No (7) Coaching is the appropriate process for the changes I want to make (as opposed to therapy or a twelve-step program).

Yes No (8) I am able to make the commitment of time needed to make and keep scheduled coaching appointments, and to do the fieldwork my coach asks of me.

Yes No (9) I'm open to trying new things when my coach asks me, even if they aren't completely comfortable or I'm not totally convinced they will make a difference.

Yes No (10) This is the right time in my life for me to accept coaching.

SELF-SCORING: If you answered "No" to 2 or more questions, you will need to make some adjustments, either in your lifestyle or in your expectations of coaching, before coaching will be fully effective.