

# HOW COACHABLE ARE YOU?

**Client Instructions:** Circle the number which comes closest to representing how true the statement is for you right now. Then, score yourself, using the key at the bottom of the page. It is important for you and me to know if you are at the place in life where you are coachable. This assessment helps us discover how coachable you are, right now.

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- 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 explore new ideas. I have time to invest in myself.
- 1 2 3 4 5 I am fully willing to do the work and assignments my coach asks of me.
- 1 2 3 4 5 There is a gap between where I am and where I want to be.
- 1 2 3 4 5 I “try on” new concepts or different ways of doing things even when I am not 100% certain they will work.
- 1 2 3 4 5 I will speak straight and tell the whole truth to my coach.
- 1 2 3 4 5 If I feel that I am not getting what I need or expected from the coach, I will share this as soon as I sense it and demand that I get what I want and need from the relationship.
- 1 2 3 4 5 I am willing to stop or change the self-defeating behaviors which limit my success.
- 1 2 3 4 5 I have adequate funds to pay for coaching and will not regret or suffer about the fee. I see coaching as a worthwhile investment in my life.
- 1 2 3 4 5 I have the support I need to make significant changes with ease. (i.e., family, friends or company buy-in).

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## Total Score (add up all numbers)

### Scoring Key

- 10 – 20 Not Coachable, right now.
- 21 – 30 Coachable, see that the guidelines are honored!
- 31 – 40 Coachable
- 41 – 50 Very Coachable; ask me to demand a lot from you!



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