

Are You Ready For Coaching? Quiz

Self Assessment

See how ready you are for coaching by answering the following statements.

Instructions: Check true or false for each statement:

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- I am emotionally healthy and have no unfinished issues that would be better handled through therapy.
- I am fully willing to do the work and let the coach do the coaching.
- I am ready to take myself and/or my business to the next level of excellence and integrity.
- If I feel that I am not getting what I need or expect from the coach, I will share this and ask that I get what I want and need from the relationship.
- I am willing to stop or change self-defeating behaviors which limit my success.
- I can handle honest feedback and am willing to consider new ideas, even if they don't fit with my previous way of thinking.
- I am ready, willing and able to make the financial investment to get the results I desire and deserve.
- I have ideas about what I want; however, I am not exactly sure how to get there.
- Even though I may sometimes feel "stuck", I know I'm capable of discovering answers that work. I am motivated NOW to put the time and energy into coaching.

Count the number of statements that are true for you. If you answered 'true' to all statements above, **congratulations**, you are **ready for coaching!** Call or email me to set up an interview and free coaching session.

If you answered 'false' to any of the above statements, ask yourself: what would have to happen to turn my false answers into true ones?

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