

Are You Coachable?

Read through the following questionnaire to find out if you are currently coachable. Answer each statement with a 1,2,3,4 or 5 and then refer to the chart at the end.

Write in the number that most resembles your feelings, given that 1 represents low probability while a 5 represents a high probability.

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| <input type="radio"/> I will always be on time for appointments, no matter what | <input type="radio"/> I will try new ways of thinking, provided by my coach |
| <input type="radio"/> I am willing to do the work, despite the level of difficulty | <input type="radio"/> I feel comfortable sharing the credit with a mentor |
| <input type="radio"/> I will always and only be honest with my coach | <input type="radio"/> I can pay coaching fees without regret and see such as an investment |
| <input type="radio"/> I am able to modify or eliminate bad behaviors | <input type="radio"/> If I am not getting results, I will speak-up to reevaluate our sessions |
| <input type="radio"/> Without any level of personal sabotage, I can keep my word | <input type="radio"/> At this point in my life, I can accept the responsibility of being coached |

10-20 Unable to be coached at present moment

21-30 Coachable, but requires immediate foundation

31-40 Coachable

41-50 Most coachable, ask for coaching today and expect a lot from your coach.