

# Coaching Readiness

Circle the number that most accurately represents how true the statement is for you right now. Next, score yourself using the key below. Your coach needs you to be in the right place in your life so that you are coachable and you are ready to achieve great results. This assessment helps him or her - as well as you - discover how coachable you are right now. How coachable are you?

## SCORING KEY:

- 1- Not like me at all
- 2 - Sometimes
- 3 - Often
- 4 - Most of the time
- 5 -Very like me

- I can be relied upon to be on time for all calls and appointments.
- I am willing to be accountable to another person.
- I am fully willing to do the work and let the coach do the coaching.
- I am willing to eliminate or modify any self-defeating behaviors that may limit my success.
- I am a self-starter and am willing to take the action necessary to achieve my goals.
- I will speak truth to the coach.
- I am willing to work with my coach in a partnership.
- I understand boundaries and actively set them in various areas of my life.
- I understand that coaching is not counseling, consulting, or mentoring. Coaching is an ongoing partnership that will help me produce fulfilling results in my personal and professional lives.
- My Christian values are my moral foundation.
- I am open to talking about my dreams, visions, and goals.
- I am not afraid to take risks.
- I have prayed about my goals and believe God is directing me.
- I am willing to consider new ideas, behaviors, and values.
- I have goals I want to achieve that have not yet been reached.

SCORE: \_\_\_\_\_

## ANSWER KEY:

**30 or less** - You may not be ready to work with a coach at this time but your coach will most likely have specific recommendations that fit your individual needs for now. Ask your coach about a few exercises that will help you to further understand your own needs and how you may benefit from coaching in the future.

**31-59** - Coachable

**60-75** - Very coachable; tell the coach to ask a lot from you!