

## Are you ready for Coaching?

I am ready to do whatever it takes to reach my goals.	Yes	No
I am willing to listen to the viewpoint of someone else.	Yes	No
I am willing to invest in myself.	Yes	No
I am willing to get out of my comfort zone and try new things.	Yes	No
I am willing to make the commitment necessary to make the changes I am seeking.	Yes	No
I am willing to commit to the process, knowing that change doesn't happen overnight.	Yes	No
I am willing to ask for support and accept the support I receive.	Yes	No
I am ready to invest in myself.	Yes	No
I am ready to put myself first in my life and work.	Yes	No

Give yourself one point for every yes you circled and 0 points for every no you circled. Count up the number of yes's and then the number of no's.

If you scored:

- 8-10 points** You are ready to make the investment and hire a coach. Your commitment level is high and you will achieve much from working with a coach.
- 5-7 points.** You are almost there. During your trial session, work with a coach on areas that are getting in your way. Ask the coach to support you in removing those blocks so you can move forward and begin to create the change you want in your life.
- 0-4 points.** Most likely you are not ready to hire a coach. During your trial session, ask the coach for suggestions on what you could do to prepare yourself to begin the process of change.