

This survey will help you assess your readiness for business coaching. Coaching can help your business only if you are ready, willing and able to change that which keeps you stuck in the present.

Instructions:

Circle the number that applies to you at this time in your life. Score 1 as low and 5 as high. Add up your numbers and read the results on your score.

1. I will focus on something I want to achieve or work on through coaching.  
1      2      3      4      5
2. I can be relied on to be on time for calls and appointments with my coach.  
1      2      3      4      5
3. I will keep appointments with myself to work on my coaching homework.  
1      2      3      4      5
4. I am willing to stop or change behaviors that are interfering with my progress.  
1      2      3      4      5
5. I will give my coach the benefit of the doubt and I am willing to “explore” new concepts, approaches or different ways of doing things to help me achieve my goals.  
1      2      3      4      5
6. Coaching is an appropriate approach in helping me accomplish my goals.  
1      2      3      4      5
7. I will work with my coach to design goals and action steps to move forward. I will take regular actions to achieve these goals even if I don’t see immediate results.  
1      2      3      4      5
8. I see coaching as a worthwhile investment in my life and in me.  
1      2      3      4      5
9. I will be honest with my coach about what I like or don’t like.  
1      2      3      4      5
10. I want to be successful.  
1      2      3      4      5

SCORING:

- 10.20 Coaching may not be your best option at this time.
- 21-30 Coachable and willing to work at being successful.
- 31-40 Coachable – What’s holding you back?
- 41.50 Very Coachable – Let’s get started!!!!

**Call 816.781.8053 Today!**