



Am I Ready for Life Coaching?



This is an exercise reflecting your goals, values, and where you currently are in life. After doing this exercise and being honest with yourself, you'll better know if you are ready to work with a Life Coach.

Instructions: Read the following sentences and choose T (True) or F (False) for each statement according to which applies to you most.

1. I give great importance to living a complete, balanced, and fulfilled life. T F
2. I live my life as a reflection of my values. T F
3. I am reliable. T F
4. I value my personal development. T F
5. I know I can find ways to live a more balanced and successful life. T F
6. I am willing to be stretched and work well outside of my comfort zone. T F
7. I show resilience in the face of obstacles and failures. T F
8. I welcome suggestions on ways I can improve the quality of my life. T F
9. I have clear and measurable goals that I wish to pursue. T F
10. I am generally a positive person. T F

After completing this exercise, you should have a clear idea of whether you are ready for coaching.