



How Coachable are You?

For you to have the most success in a coaching program or session, you have to be in a stage of your life where you are ready to evolve, to be stretched, and to make changes to achieve your desired goals.

This test helps to determine how coachable you are at this moment.

Read each of the statements below and score them with the number from 1 to 5 that describes most clearly how true the sentence is for you in your life right.

Be honest with yourself.

1. I am willing to make changes in my life that may be beyond my comfort zone.
1 2 3 4 5
2. I'll be open-minded and try new concepts, ways of looking at things, ideas, and exercises.
1 2 3 4 5
3. I am honestly willing to do the work required of me.
1 2 3 4 5
4. I am willing to let the coach do the coaching.
1 2 3 4 5
5. I am punctual and will be able to make all my phone appointments with a coach.
1 2 3 4 5
6. I will be completely open and honest with the coach even if at times it's uncomfortable for me.
1 2 3 4 5



7. I will tell the coach if I am not getting what I need from the coaching and will inform what I want to achieve through the coaching partnership.

1 2 3 4 5

8. I can share the credit of my success with my coach.

1 2 3 4 5

9. I have sufficient funds to pay for coaching, see the value in the coaching, and will not regret signing up for coaching services.

1 2 3 4 5

10. I am ready and willing to make changes in behavior and thinking patterns that may be obstacles to my success.

1 2 3 4 5

*Now add up your total score. If you scored 10 to 20 points, you are not ready for coaching at this point in your life. If you scored 21 to 30 points, you are coachable, but the coach will make sure to remind you that ground rules will be honored. If you scored 31 to 40 points, you are coachable at this moment of your life. If you scored 41 to 50 points, this is a very good time in your life for coaching and you should expect the coach to challenge you to grow and develop.