

## Coachability Self Test

Coaching is intended to support clients in developing competence in behaviors that are effective and authentic and produce results. My role will be to support you in the change you'd like to create. Take the Coachability self test to determine if coaching would be appropriate for you at this time.

For each statement, circle a number 1-5 based on how true the statement is for you.

1 is least true

5 is very true

1 2 3 4 5	I recognize that there is value in having a partner that holds a vision for me of my greatest potential and who is working to help me function to my best ability.
1 2 3 4 5	I can be relied upon to do the work to set up systems to be on time for calls and appointments, and handle my coaching fees responsibly.
1 2 3 4 5	I know that my own answers are within me. I believe that through guidance, feedback, and my own sense of right action I can discover those answers.
1 2 3 4 5	I know that life and self-discovery can be fun and satisfying.
1 2 3 4 5	I am eager to take the actions necessary to accomplish my dreams and change patterns that do not serve me.
1 2 3 4 5	I am willing to try on new perspectives that may be different from those I currently hold.
1 2 3 4 5	If I feel I'm not getting what I expect or need from my coach, I will share this as soon as I can and make clear requests to my coach to get what I need.
1 2 3 4 5	Self-awareness and fulfilling my life purpose are very important to me.
1 2 3 4 5	If I knew how, I would create a life that supports me completely in being who I truly am.
1 2 3 4 5	I recognize the value of coaching and see it as an investment in my own growth and happiness. I am willing and able to pay for this.
	Total

### Scoring

10 - 29	Coaching is probably not appropriate for you at this time
30 - 36	Coaching maybe appropriate for you at this time. Let's discuss options.
37 - 43	Coaching would likely be very valuable for you at this time. You are willing to be open to trying on new ways of doing things.
44 - 50	Coaching would likely be a pivotal piece of your life. You are willing to do what it takes to actualize and "own" your life's purpose and who you truly are.