



## Coaching Readiness Assessment

This assessment will help you and your coach determine how coachable you are right now.

How coachable are you?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** Circle the number that represents how true the statement is for you right now-1=least, 5=most  
Add up all the circled numbers and score yourself with the key at the bottom of the page.

- 1 2 3 4 5 I agree to be on time for all calls or appointments.
- 1 2 3 4 5 This is the right time for me to begin coaching.
- 1 2 3 4 5 I am willing to do the work and be coachable.
- 1 2 3 4 5 I have a goal or result that I am working towards.
- 1 2 3 4 5 I will give the coach the benefit of the doubt and "try on" new concepts and ways of doing things.
- 1 2 3 4 5 I will tell the truth to my coach.
- 1 2 3 4 5 If I feel that I am capable of asking for what I want and need from my coach.
- 1 2 3 4 5 I am willing to eliminate or modify the thoughts, beliefs and actions which may be limiting my progress and my success.
- 1 2 3 4 5 I see coaching as a worthwhile investment in my life and have adequate funds to pay for coaching and will not regret or suffer about the fee.
- 1 2 3 4 5 I am willing to take responsibility for my progress and success.

### TOTAL SCORE

\_\_\_\_\_

<u>If Your Score Is:</u>	<u>You Are:</u>
10-20	Not coachable right now
21-30	Coachable, but make sure ground rules are honored
31-40	Coachable
41-50	Very coachable