

ARE YOU COACHABLE?

Take The Quiz To Find Out!

*"Our chief want in life is somebody
who will make us do what we can."*

- Ralph Waldo Emerson

What do top successful executives, pregnant women, and Tiger Woods all have in common? They all use a coach to help them live their dreams and to be the best they can be. The thing that separates them from others in their field is that they are coachable. Are you coachable?

Please take just a few moments to find out how ready you are to live life to the fullest and be the best you can be.

On a scale from 1 to 10, rate each of the following statements: (if not applicable, score the item a 5).

1 2 3 4 5 6 7 8 9 10

Don't agree at all - somewhat agree - totally agree

- _____ I am ready to create more balance in my life.
- _____ I am ready to improve my personal or business relationships
- _____ I am ready to make real and positive changes in my life.
- _____ I am ready to find and live my life's purpose.
- _____ I am ready and willing to overcome self-limiting beliefs and behavior.
- _____ I am ready to create plans and take action to achieve my goals
- _____ I am ready to achieve a sense of fulfillment at work and in my life.
- _____ I am ready for more fun and enjoyment in my life.
- _____ I'd like to work less and make more money.
- _____ I can benefit from someone who will help me to stay on track.

Add up your Score: _____

Interpreting your score:

Under 30

Coaching is probably not right for you now.

31 to 60

Coaching could help you look at your life from a different viewpoint as well as help you develop a plan to change what it is that you would like to change. However, if you decide to work with a coach now, you should decide and commit that you will take the necessary action for your benefit or you will not make lasting life-changing improvements.

Over 60

Congratulations! You are ready for a Coach! You are willing to do whatever it takes to create the life you deserve and desire.