

## How coachable are YOU?

Circle the number which comes closest to representing how true the statement is for you right now. Then, score yourself, using the key at the bottom of the page. Your coach needs you to be in “a place in life” where you are ready to be coached. This test helps your coach - and you - discover how coachable you are, right now.

**Please select:** Less True < 1 2 3 4 5 > More True.

5.    1.    2.    3.    4.    5.    I can be relied upon to be on time for all calls and appointments.

5.    1.    2.    3.    4.    5.    This is the right time for me to accept coaching.

5.    1.    2.    3.    4.    5.    I am fully willing to do the work and let the coach do the coaching.

5.    1.    2.    3.    4.    5.    I keep my word without struggling or sabotaging.

5.    1.    2.    3.    4.    5.    I will give the coach the benefit of the doubt and “try” new concepts of different ways of doing things.

5.    1.    2.    3.    4.    5.    I will tell it how it is (what is really true) to the coach.

5.    1.    2.    3.    4.    5.    If I feel that I am not getting what I need or expect from the coach, I will share this as soon as I sense it, and ask that I get what I want and need from the relationship.

5.    1.    2.    3.    4.    5.    I am willing to eliminate or modify the self-defeating behaviours and habits that limit my success.

5.    1.    2.    3.    4.    5.    I have adequate funds to pay for coaching and will not regret or suffer about the fee. I see coaching as a worthwhile investment in my life.

5.    1.    2.    3.    4.    5.    I am someone who can share the credit for my success with the coach.

50.

### Scoring Key

10-20 Not coachable right now  
21-30 Coachable, but make sure ground rules are honoured!  
31-40 Coachable  
41-50 Very coachable; ask the coach to ask a lot from you!

**Now's the time to take action towards a life on your terms! Call NOW.**

Coachingplus PO Box 1429 Warrnambool Vic. 3280  
www.coachingplus.com.au  
info@coachingplus.com.au

t: 03 5500 5262  
f: 03 5561 7443  
m: 0417 529 533