

## Are You Coachable???

Low 1, 2, 3, 4, 5 High	Statement
	<b>I can be relied upon to be on time for calls &amp; appointments.</b>
	<b>This is the right time for me to accept coaching.</b>
	<b>I am fully willing to do the work and let the coach do the coaching.</b>
	<b>I keep my word without struggling or sabotaging.</b>
	<b>I'll give the coach the benefit of the doubt and "try on" new concepts or different ways of doing things.</b>
	<b>I will speak straight (tell the whole truth) to the coach.</b>
	<b>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 demand that I get what I want and need from the relationship.</b>
	<b>I am willing to stop or change the self-defeating behaviors, which limit my success.</b>
	<b>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.</b>
	<b>I am someone who can share the credit for my success with the coach.</b>
	<b>TOTAL SCORE</b>

### Scoring Key

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