

## How Coachable Are You?

*for . . . MORE SUCCESS and MORE FUN*

---

### HOW COACHABLE ARE YOU?

**INSTRUCTIONS:** Circle the number that 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. You need to determine if you are coachable and if coaching is right for your needs. This quiz will help you discover how coachable you are, right now.

Respond to the following statements in this manner: 1 is for Least True and 5 is the Most True

- 1 2 3 4 5 . I can be relied upon to be on time for all calls and appointments.
- 1 2 3 4 5 . This is the right time for me to accept coaching.
- 1 2 3 4 5 . I am fully willing to do the work and let the coach do the coaching.
- 1 2 3 4 5 . I keep my word without struggling or sabotaging.
- 1 2 3 4 5 . I'll give the coach the benefit of the doubt and "try on" new behaviors or ideas.
- 1 2 3 4 5 . I am willing to be uncomfortable to get what I want.
- 1 2 3 4 5 . I will speak straight (tell the whole truth) to the coach and to myself.
- 1 2 3 4 5 . If I feel I am not getting what I need or expect from the coach, I will share this immediately and discuss what I want and need from the relationship.
- 1 2 3 4 5 . I am willing to stop or change the self defeating behaviors which limit my success.
- 1 2 3 4 5 . I have adequate funds to pay for coaching and will not regret or suffer about the fee.
- 1 2 3 4 5 . I see coaching as a worthwhile investment in my life.
- 1 2 3 4 5 . I will share the credit for my success with the coach and with others.

----- TOTAL SCORE (add up all circled numbers)

### SCORING KEY.

- 10 - 20 Not coachable right now.
- 21 - 40 Coachable, but make sure ground rules are honored!
- 41 - 50 Coachable.
- 51 - 60 Very coachable, ask the coach to demand a LOT from you!.

Remember this is a self test. Being honest with yourself is the most important resource you have. If you scored 40 or above you are ready to make your life more successful and have a lot more fun. Hire a coach.