



Are You Coachable?

Read through the following questionnaire to find out if you are currently coachable. Answer each statement with a 1,2,3,4 or 5 and then refer to the chart at the end.

Write in the number that most resembles your feelings, given that 1 represents low probability while a 5 represents a high probability.

- _____ I will always be on time for appointments, no matter what
- _____ I am willing to do the work, despite the level of difficulty
- _____ I will always and only be honest with my coach
- _____ I am able to modify or eliminate bad behaviors
- _____ Without any level of personal sabotage, I can keep my word
- _____ I will try new ways of thinking, provided by my coach
- _____ I feel comfortable sharing the credit with a mentor
- _____ I can pay coaching fees without regret and see such as an investment
- _____ If I am not getting results, I will speak-up to reevaluate our sessions
- _____ At this point in my life, I can accept the responsibility of being coached

Add up the numbers above and then refer to the reference chart below:

- 10-20 Unable to be coached at present moment
- 21-30 Coachable, but requires immediate foundation
- 31-40 Coachable
- 41-50 Most coachable, ask for coaching today and expect a lot from your coach.