

Coachability Index

Give yourself a score of 1 - 5 for each statement (1 being the least true, 5 the most true):

	1	2	3	4	5
1. I can be relied upon to be on time for calls and appointments.	<input type="checkbox"/>				
2. This is the right time for me to accept coaching.	<input type="checkbox"/>				
3. I am fully willing to do the work and let the coach do the coaching.	<input type="checkbox"/>				
4. I keep my word without struggling or sabotaging.	<input type="checkbox"/>				
5. I'll give the coach the benefit of the doubt and "try on" new concepts or different ways of doing things.	<input type="checkbox"/>				
6. I will be honest with myself and speak truthfully to the coach.	<input type="checkbox"/>				
7. If I feel 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 this coaching relationship.	<input type="checkbox"/>				
8. I am willing to eliminate or modify the self-defeating attitudes and/or behaviors that are preventing me from being successful in my endeavors.	<input type="checkbox"/>				
9. I have adequate funds to pay for coaching and will not regret or remorse about the fee. I see coaching as a worthwhile investment.	<input type="checkbox"/>				
10. I am someone who will benefit from and share my success from coaching.	<input type="checkbox"/>				

Total Score (Add up all the numbers)

Scoring Key

10 - 20 NOT COACHABLE RIGHT NOW: You may want to come back to coaching when you've spent some time with a counselor or therapist to help you resolve some of your life, relational, & developmental issues; or ask if your coach offers Pre-coaching Readiness Development support.

21 - 30 COACHABLE: However, you may need to ensure that the coaching agreement and boundaries are thoroughly understood and honored. You may also need to spend extra time working on your own growth.

31 - 40 EASILY COACHABLE: You are encouraged to spend time working on key shifts and distinctions to raise your score so you will be able to take fuller advantage of your coaching.

41 - 50 Extremely Coachable: Ask your coach to request a lot from you - but make sure you don't fall into the "Perfect Client" trap. Be sure to let your coach know when life demands coupled with coaching homework become too much for you to handle without feeling pressured. (If you find yourself reluctant to call for your appointment because you didn't do your homework, call anyway and share that thought first! Then request a slower pace for a few weeks while you build your accountability muscles. Set it up so you get to WIN!)