

Are You Coachable???

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

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!**