

Coachability Self-Test



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Answer with a number 1 through 5, as follows:

- 1 = This statement is **NOT** true for me.
- 2 = This statement is **NOT** usually true for me.
- 3 = This statement is **SOMETIMES** true for me.
- 4 = This statement is **OFTEN true** for me.
- 5 = This statement is **ALMOST ALWAYS** true for me.

1 I recognize the value of coaching and see it as an investment in my own growth and happiness.

2 I am willing and able to pay for this and handle my coaching fees responsibly.

3 I can be relied upon to set up systems to be on time for coaching calls.

4 I recognize that there is value in having a partner that holds a vision for me of my greatest potential and who is working to help me function to my best ability.

5 I am eager to take the actions necessary to accomplish my dreams and change patterns that do not serve me.

6 I know that my own answers are within me. I believe that through guidance, feedback, and my own sense of right action I can discover those answers.

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7 I am willing to try on new perspectives that may be different from those I currently hold.

8 I know that life and self-discovery can be fun and satisfying. Self-awareness and fulfilling my life purpose are very important to me.

9 If I feel I'm not getting what I expect or need from my coach, I will share this as soon as I can and make clear requests to my coach to get what I need.

TOTAL:

0 - 22	Coaching is probably not appropriate for you at this time.
23 - 30	Coaching may be appropriate for you at this time. You may want to consider contacting me to discuss options.
30 - 40	Coaching would likely be very valuable for you at this time. You are willing to be open to trying on new ways of doing things.
40 - 45	Coaching would likely be a pivotal piece of your life. You are willing to do what it takes to actualize and claim your life's purpose and who you truly are.

If coaching is right for you, schedule your free consultation at zenyourden.com!