

ARE YOU COACHABLE?

Find out how coachable you are! Circle the number that comes closest to representing how true the statement is for you right now. Score yourself using the key at the bottom of the page.

LESS TRUE	MORE TRUE	STATEMENT
1 2 3 4 5	1 2 3 4 5	I can be relied upon to be on time for all calls and appointments.
1 2 3 4 5	1 2 3 4 5	This is the right time for me to accept coaching.
1 2 3 4 5	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	1 2 3 4 5	I keep my word without struggling or sabotaging.
1 2 3 4 5	1 2 3 4 5	I'll give the coach the benefit of the doubt and "try on" new concepts or different ways of doing things.
1 2 3 4 5	1 2 3 4 5	I will speak straight (tell what's really true) to the coach.
1 2 3 4 5	1 2 3 4 5	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 ask that I get what I want and need from the relationship.
1 2 3 4 5	1 2 3 4 5	I am willing to eliminate or modify the self-defeating behaviors which limit my success.

_____ **TOTAL SCORE** (add up all the circled numbers)

SCORING KEY

0-10	Not coachable right now.
11-20	Coachable, but make sure ground rules are honored!
21-30	Coachable.
31-40	Very coachable: ask the coach to ask a lot from you!

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