



# ARE YOU READY, WILLING AND ABLE TO BE COACHED?

READY		YES	NO
01	I have time to invest in myself.	<input type="checkbox"/>	<input type="checkbox"/>
02	I can make and keep appointments with myself to work on this material.	<input type="checkbox"/>	<input type="checkbox"/>
03	There is a gap between where I am and where I want to be.	<input type="checkbox"/>	<input type="checkbox"/>

WILLING		YES	NO
04	I am fully willing to do the work required to get me where I want to go.	<input type="checkbox"/>	<input type="checkbox"/>
05	I am willing to stop/change the self-defeating behaviors that limit my success.	<input type="checkbox"/>	<input type="checkbox"/>
06	I am willing to try new things even if I am not 100% convinced they will work	<input type="checkbox"/>	<input type="checkbox"/>

ABLE		YES	NO
07	Coaching is the appropriate discipline for the changes I want to make.	<input type="checkbox"/>	<input type="checkbox"/>
08	I have the patience to take consistent action towards my goals.	<input type="checkbox"/>	<input type="checkbox"/>
09	I have the patience to take consistent action towards my goals.	<input type="checkbox"/>	<input type="checkbox"/>

**IF YOU ANSWERED NO TO TWO OR MORE OF THESE QUESTIONS, YOU WILL NEED TO MAKE ADJUSTMENTS BEFORE THE COACHING CAN BE EFFECTIVE.**