

Coaching Readiness Form

HOW COACHABLE ARE YOU?

Coaching is not for everyone--it takes your willingness to take action, ability to accept responsibility, and your readiness to do what it takes to create the success you want in your life. Take this self-assessment to find out if you're ready for coaching.

		Statement
Yes	No	I am eager to make meaningful improvements in my business, career or life.
Yes	No	Coaching is the appropriate process for the changes I want to make (as opposed to counseling, therapy or consulting).
Yes	No	I am fully ready to do the work necessary to get me where I want to be and I will let the coach do the coaching.
Yes	No	I keep my word without struggling or sabotaging.
Yes	No	I am willing to experiment with new concepts or different ways of doing things.
Yes	No	I will be open and truthful with my coach and I'm ready to hear the truth from my coach even if it's uncomfortable.
Yes	No	I am able to make the commitment of time needed to make and keep scheduled appointments and do the applicable assignments.
Yes	No	I am willing to stop or change self-defeating behaviors which limit my success.
Yes	No	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.
<u>Yes</u>	No	I want to attract success and create a more integrated and balanced life.

SCORING: If you answered yes to 7 or more statements, you may be a great candidate for coaching. Call to discuss further. If you answered no to 2 or more questions, you will need to make some adjustments, either in your lifestyle or in your expectations of coaching, before coaching will be fully effective.

If you haven't already done so, call Coach Natalie at (908) 281-7098 or email me at natalie@theprioritypro.com to schedule your complimentary coaching session.

"eNeRGy for Work & Life success"

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