

HOW COACHABLE AM I?

PERSONAL STATEMENTS:	YES	NO
1: I have the time to invest in myself: <i>Comments:</i>		
2: I keep my word and promises to myself and others without struggling: <i>Comments:</i>		
3: There is a big gap between where I am now and where I want to be: <i>Comments:</i>		
4: I am willing and able to do the work required: <i>Comments:</i>		
5: I am willing to give up self-sabotaging behaviours that limit my success: <i>Comments:</i>		
6: I am willing to try new ideas even if I'm not sure they will work: <i>Comments:</i>		
7: I have the support I need to make significant changes with ease: <i>Comments:</i>		
8: Coaching is the most appropriate approach for the changes I wish to make in my life as opposed to therapy, medical treatment, formal supervision etc: <i>Comments:</i>		
9: I am fully responsible for my own life and the decisions I make: <i>Comments:</i>		

If you have answered NO to TWO or more of the above questions, you may need to make further adjustments before coaching can be effective.

Adapted from: Miedaner, T. (2000) *Coach Yourself To Success* Contemporary Books, Illinois USA. (page.243)