



## Coachability Test

### How coachable are you?

Instructions: Circle the number that comes closest to representing how true the statement is for you right now. Then score yourself, using the key at the bottom of the page to determine if you are coachable and if coaching is right for your needs. The test will help you discover how coachable you are right now.

Respond to the following statements in this manner: 1 is least true and 5 is most true

- 1 2 3 4 5 I am ready to make a change in my life now
- 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 I will keep my word and do what I say I will do
- 1 2 3 4 5 I will suspend my disbelief and “try on” new concepts or different ways of doing things
- 1 2 3 4 5 I will be straight, tell the whole truth, to the coach
- 1 2 3 4 5 If I feel I am not getting what I need or expect from the coach, I will share this immediately and discuss what I want and need from the relationship.
- 1 2 3 4 5 I am willing to explore and stop or change the self defeating behaviors which limit my success
- 1 2 3 4 5 I have adequate funds to pay for coaching and will not regret or suffer from the fee
- 1 2 3 4 5 I see coaching as a worthwhile investment in my life
- 1 2 3 4 5 I am someone who can share the credit for my success with the coach
- 1 2 3 4 5 I can be relied upon to be on time for all calls and appointments
- 1 2 3 4 5 I am ready to take complete responsibility for my current situation. I am ready to give up blaming others.

\_\_\_\_\_ TOTAL SCORE (add up all circled numbers)

**SCORING KEY**

- 10-20 Not coachable right now
- 21-30 Coachable but make sure ground rules are honored
- 31-40 Coachable
- 41-60 Very coachable, ask the coach to demand a lot from you

Remember this is a self test. Being honest with yourself is the most important resource you have. If you score 30 or above you are ready to make your life more successful and have a lot more fun.