

# Am I ready for coaching?

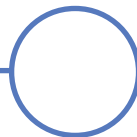
Coaching works best when there is a significant gap between what you have and what you want. You need to be willing to change and to experiment with new ways of doing things. Is there a gap and are you willing to experiment? Use the following self-assessment to get an idea of how ready you are to benefit from coaching.

On a scale from 1 to 5, rate each of the following statements as they relate to you right now. Then, total your numbers and use the scoring key to determine your readiness for coaching.

DISAGREE —————> AGREE

- ①—②—③—④—⑤ I have goals, skills or projects I want to achieve.
- ①—②—③—④—⑤ I could use an honest, outside perspective.
- ①—②—③—④—⑤ I don't have time to learn all I need to learn on my own.
- ①—②—③—④—⑤ I lack clarity in my future and there are decisions to be made.
- ①—②—③—④—⑤ I need some additional support in reaching my goals.
- ①—②—③—④—⑤ I'm ready to commit some thought and time to my development.
- ①—②—③—④—⑤ A big opportunity is available to me and it is time sensitive.
- ①—②—③—④—⑤ I need someone to help me focus, challenge me and hold me accountable.
- ①—②—③—④—⑤ I desire to accelerate results in my life and profession.
- ①—②—③—④—⑤ My work and life are out of balance and I don't like the consequences.
- ①—②—③—④—⑤ I could use more energy-giving relationships in my life.
- ①—②—③—④—⑤ I'm willing to make changes to have the life I want.

TOTAL SCORE



## SCORING KEY

- 60-48 Very ready. Take the bull by the horns!
- 47-36 Motivated. It's time to get out of your comfort zone!
- 35-24 Ready for coaching. Live with intention; start now.
- 24-12 This may not be the right time for you.

Take coaching for a test drive. Set-up a complimentary session today.

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