



coach kelly

## Are You Ready for Coaching?

This quiz is designed to self-assess your level of readiness for the coaching process.

1. There is a significant gap between where I am now and where I want to be.  
 Yes       No
2. I am highly motivated to make changes in support of closing that gap.  
 Yes       No
3. I am ready to make and protect the time to invest in myself.  
 Yes       No
4. I am willing to give up self-sabotaging behaviors that limit my success.  
 Yes       No
5. I am willing to experiment with and try new concepts, even if I'm not sure they will work.  
 Yes       No
6. I have the support I need (at work and/or home) to make significant changes in my life.  
 Yes       No
7. I am willing and able to do the work required (e.g., participate in coaching sessions, complete assignments between sessions such as reading related materials, writing about insights, etc.).  
 Yes       No
8. I consistently keep my word and my promises to myself and others.  
 Yes       No
9. I am fully responsible for my own life and the decisions I make.  
 Yes       No
10. I have determined that coaching is the appropriate discipline for the changes I want to make (e.g., versus therapy, medical treatment, 12-step program, financial advice, legal advice, etc.).  
 Yes       No

If you answered “no” to two (2) or more of these questions, coaching will probably not be an effective choice at this time. Once you have addressed what is holding you back from being able to answer “yes” to these questions, you will be in a better position to make the most of the coaching process.

Adapted from: “Coach Yourself to Success: 101 Tips for Reaching Your Goals at Work and in Life.”  
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