

# HOW COACHABLE YOU ARE?

Let's find out

Client Name:

Date:

Circle the number that comes closest to representing how true the statement is for you right now. Then score yourself. Your Coach needs for you to be at the place in your life where you are coachable and willing to give all to the process. This Index will help your Coach and yourself, to discover just how ready you are to be coached.

Less      More  
Time      Time

- |           |  |
|-----------|--|
| 1 2 3 4 5 | I can be relied upon to be on time for all calls and appointments.               |
| 1 2 3 4 5 | This is the right time for me to accept Coaching.                                |
| 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 keep my word without struggling or sabotaging.                                 |
| 1 2 3 4 5 | I will give the Coach the benefit of the doubt and 'try on' all new concepts.    |
| 1 2 3 4 5 | I will freely try new ideas and ways of doing things to see how they feel.       |
| 1 2 3 4 5 | If I feel that I am not getting what I need, I am able to say so and try again.  |
| 1 2 3 4 5 | I am willing to eliminate or modify the self-defeating behaviors which limit me. |
| 1 2 3 4 5 | I have adequate funds to pay for professional Coaching and I am worth it!        |
| 1 2 3 4 5 | I see Coaching as worthwhile.  |
| 1 2 3 4 5 | I am someone who can share the credit for my success with the Coach              |

\_\_\_\_\_ **TOTAL SCORE (add up all the numbers)**

**Priyanka Dutta**

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I support leaders, executives & transitioning individuals with inspiring pursuits to grow to their highest self to be able to live their dream, lead their organization & team in a more impactful, joyous & meaningful ways.

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