**Coachability Self-Test**

**Answer with a number 1 through 5, as follows:**

**1 = This statement is not true for me.**

**2 = This statement is not usually true for me.**

**3 = This statement is sometimes true for me.**

**4 = This statement is often true for me.**

**5 = This statement is almost always true for me.**

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| 1. I recognize the value of coaching and see it as an investment in my own growth and happiness. |  |
| 1. I am willing and able to pay for this, and to handle my coaching fees responsibly. |  |
| 1. I can be relied upon to set up systems to be on time for coaching calls. |  |
| 1. I recognize that there is value in having a partner that holds a vision for me of my greatest potential and who is working to help me function to my best ability. |  |
| 1. I am eager to take the actions necessary to accomplish my dreams and change patterns that do not serve me. |  |
| 1. I know that my own answers are within me. I believe that through guidance, feedback, and my own sense of right action I can discover those answers. |  |
| 1. I am willing to try on new perspectives that may be different from those I currently hold. |  |
| 1. I know that life and self-discovery can be fun and satisfying. Self-awareness and fulfilling my life purpose are very important to me. |  |
| 1. If I feel I’m not getting what I expect or need from my coach, I will share this as soon as I can and make clear requests to my coach to get what I need. |  |

**Total**

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| --- | --- |
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| 0 - 22 | Coaching is probably not appropriate for you at this time. |
| 23 - 30 | Coaching may be appropriate for you at this time. You may want to consider contacting me to discuss options. |
| 30 - 40 | Coaching would likely be very valuable for you at this time. You are willing to be open to trying on new ways of doing things. |
| 40 - 45 | Coaching would likely be a pivotal piece of your life. You are willing to do what it takes to actualize and claim your life's purpose and who you truly are. |