

# Are You Ready, Willing, and Able to be Coached?

Step one, Take this COACHABILITY QUIZ and find out

1. I have the time to invest in myself.
2. I can keep my word and promises to myself to work on my coaching material.
3. There is a gap between where I am now and where I want to be.
4. I am willing and able to do the work required to get me where I want to go.
5. I am willing to give up self-sabotaging or self-defeating behaviors that limit my success.
6. I can be counted on for all appointments.
7. I am willing to try new concepts even if I am not 100 percent sure they will work.
8. I have the support I need to make changes in my life (family, work).
9. Coaching is the appropriate discipline for the changes I want to make (rather than a twelve step program or therapy).
10. I take full responsibility for my own life and the decisions I make.
11. I want to live my life fully and not just survive to get by.
12. My life and work are demanding and I want to find ways to handle the increasing speed and complexity.
13. I can see coaching as a worthwhile investment.
14. I have the patience to analyze what I need and take action steps to get it.
15. I am ready to move beyond analyzing, complaining and dreaming into action.

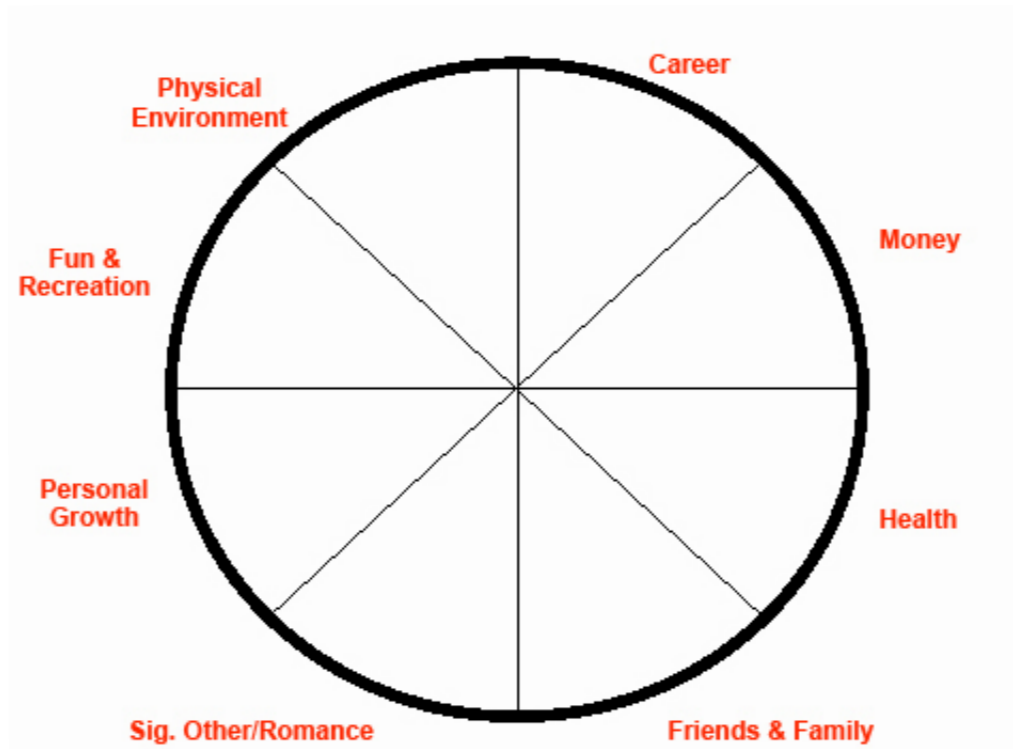
If you answer “yes” to at least 10 of these questions, it is likely that coaching will be effective in helping you define and achieve your goals.

You’re not ready now that is ok too. For coaching to be effective, you must want to make changes and be ready to act.

Step two, print off and complete the Wheel of Life

Step two, Complete this Wheel of Life to get ready for you complimentary coaching call.

I really believe most people just want to be MORE” happy!!! And the first step of that “happiness journey” is awareness! Complete this Wheel of Life (the inside of the wheel you are not satisfied (like a 1) and outside of the wheel you love that part of your life (like a 10) and please answer these questions.



- In what area do I want to increase my satisfaction level first?
- What are three things I can DO to achieve this?
- What two actions am I willing to do within the next 90 days

Step Three - Answer these three questions

Step three, Answer these three questions to get ready for your complimentary coaching call.

Three Questions that could change your life:

1. What it is that you want or truly desire in your life?

Some Examples:

More spirituality, a different job, new relationship, just being happier, finding life purpose, having more money, having more work / life balance, having more time, etc.

2. Tell me how you feel if you get what you want?

3. What happens if you don't get what you want? How will you feel if you never get this?