

## Are You Ready for Coaching?

Rate yourself on a scale of 1 ("No, not at this time") to 5 ("Yes, absolutely"): Am I ready to create more focus in my life and business? Am I ready to grow personally and professionally?

- \_\_\_\_\_ Am I ready to create more focus in my life and business?
- \_\_\_\_\_ Am I ready to grow personally and professionally?
- \_\_\_\_\_ Am I open to trying new ideas instead of continuing to do the things that have not worked in the past?
- \_\_\_\_\_ Am I ready to create and clarify a compelling vision for my life and business?
- \_\_\_\_\_ Am I ready to take action on that vision?
- \_\_\_\_\_ Am I willing to stop self-defeating behaviors?
- \_\_\_\_\_ Am I ready to start managing my time and money effectively?
- \_\_\_\_\_ Am I willing to discover and change fears and beliefs that hold me back?
- \_\_\_\_\_ Am I ready to accept responsibility for my success and happiness in life?
- \_\_\_\_\_ Am I willing to do homework between my weekly coaching calls?
- \_\_\_\_\_ Am I willing to make the time commitment necessary to make each coaching appointment, without distractions during the session?
- \_\_\_\_\_ Am I willing to invest time, money, willpower and energy into taking better care of myself and creating the business and life I want?
- \_\_\_\_\_ Am I ready to create balance in my work and home life?
- \_\_\_\_\_ Am I ready to create a great habit of self-discipline?
- \_\_\_\_\_ Am I ready to act self-confidently?
- \_\_\_\_\_ Am I ready to be self-motivated?

## Your Score

If your score is:

**20 – 40:** Take a look at yourself and your life, and ask yourself if you're ready to create the life you want. What's the first thing you'd like to work on?

**40 – 60:** You're ready to take control of your life, your business and your personal success. A coach can help you create the strategy and actions for moving forward!

**60 – 80:** You're probably already moving forward on designing the life and business you want and deserve. A coach can help you move across the finish line!