



COACHABILITY INDEX

HOW COACHABLE ARE YOU?

CLIENT INSTRUCTIONS: Circle the number that comes closest to representing how true the statement is for you right now. Then, score yourself, using the key at the bottom of the page. Your Coach needs for you to be at the place in life where you are coachable. This test helps her - **and you** - discover how coachable you are, right now.

LESS-MORE TRUE STATEMENT

- 1 2 3 4 5 I can be relied upon to be on time for all calls and appointments.
- 1 2 3 4 5 Now 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'll give the benefit of the doubt and "try on" new concepts or ways of doing things.
- 1 2 3 4 5 I will speak straight (tell the whole truth) to the Coach.
- 1 2 3 4 5 If I feel that I am not getting what I need or expect from the Coach, I will share this as soon as I sense it and request that I get what I want and need from the relationship.
- 1 2 3 4 5 I am willing to stop or change the self-defeating behaviors which limit my success.
- 1 2 3 4 5 I have adequate funds to pay for coaching and will not regret or suffer about the fee; I see coaching as a worthwhile investment in my life.
- 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)

SCORING KEY

- 10 - 20 Not Coachable right now.
- 21 - 30 Coachable, but make sure ground rules are honored!
- 31 - 40 Coachable.
- 41 - 50 Very Coachable; ask the Coach to demand a lot from you!

[Facebook](#) | [LinkedIN](#) | [Twitter](#)

IMAGEFORSUCCESS.COM

PHYLLIS M. MILLER

"She's My Coach!"

Coach@ImageForSuccess.com

281.788.8845