

Are you Ready, Willing and Able to be coached?

Ready

1. I have time to invest in myself Yes/No
2. I can make and keep appointments with myself to work on actions I make during coaching Yes/No
3. There is a gap between where I am now and where I want to be Yes/No

Willing

1. I am fully willing to do the work required to get me where I want to go Yes/No
2. I am willing to stop/change the self-defeating behaviours that limit my success Yes/No
3. I am willing to try new things even if I am not 100% convinced they will work Yes/No

Able

1. Coaching is the appropriate discipline for the changes I want to make Yes/No
2. I have the patience to take consistent action towards my goals, regardless of how immediate the results are Yes/No
3. I have the support I need to make significant changes with ease Yes/No

If you have answered no to two of more of these questions, you will need to make adjustments before the coaching can be effective.