



## Client Coachability Index

Circle the number that comes closest to representing how true the statement is for you right now with 1 being least true and 5 being absolutely true. Then, score yourself using the key at the bottom of the page. Your coach needs for you to be at a place in life where you are coachable. This test helps the coach and you discover how coachable you are right now.

- 1 2 3 4 5 I can be relied upon to be on time for all calls and appointments.
- 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 coach the benefit of the doubt and "try on" new concepts or different ways of doing things.
- 1 2 3 4 5 I will be truthful with 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 ask for what I want and need from the relationship.
- 1 2 3 4 5 I am willing to eliminate or modify 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 be open to introspection and improvement.

**Total score** (add up marked 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 ask a lot from you