



Coaching Readiness Scale

Please provide responses to the following statements: 1 (disagree) to 5 (strongly agree).

Name: _____

1. _____ I believe I am capable of having a life and career I truly desire.
2. _____ I am open to doing things in new and different ways to be successful.
3. _____ I am known for my courage, loyalty, integrity and work ethic.
4. _____ I am an optimistic person.
5. _____ I am completely accountable for the results I produce.
6. _____ I have a clear view of where I am and where I want to go in life.
7. _____ I work well with others.
8. _____ I believe creating and sustaining relationships build strength.
9. _____ I live my life true to my values.
10. _____ I am willing to take the lead on issues that are important to me.
11. _____ I know I have unrealized potential.
12. _____ I am able to work outside my comfort zone.
13. _____ I have people in my life committed to my success.
14. _____ I want a very high quality of life.
15. _____ Producing quantifiable results is very important to me.
16. _____ I am a reliable person.
17. _____ Money is not the highest priority in my life.
18. _____ I am strongly committed to my personal development.
19. _____ I am able to bounce back from setbacks.
20. _____ I am open to and welcome the contribution of others.

Total: _____

Scoring:

- 100 – 75 Excellent candidate for coaching; could see very good results.
- 75 – 50 Good candidate for coaching; could see good results.
- 50 – 25 Would benefit from coaching if willing to address hard issues; could see best results.
- 25 – 0 Not yet a good candidate for coaching; needs to address commitment to personal success.