



COACHABILITY INDEX

Circle the number that comes closest to representing how true the statement is for you right now. Then, score yourself, using the key provided. Your coach needs you to be at the place in life where you are coachable. This test helps your coach—and you—discover how coachable you are, right now. How coachable are you?

| Less time | | More time | | | 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 | This 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 coach the benefit of the doubt and "try on" new concepts or different ways of doing things. |
| 1 | 2 | 3 | 4 | 5 | I will speak straight (tell what's really true) 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 ask that I get what I want and need from the relationship. |
| 1 | 2 | 3 | 4 | 5 | I am willing to eliminate or modify the self-defeating behaviors that 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 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!