



Are you ready for a Coach?

If you could develop or refine one key area of your practice what would it be?

What would be the benefit of that refinement?

Whether we like it or not all of us have at least one, but often several, ways of holding ourselves back. Which are yours? (check all that apply)

- Being busy but not productive
- Lack of vision
- Unclear goals
- Paralysis by analysis
- Procrastination
- Inability to prioritize goals
- Following secondary goals (that lead you away from success)
- Your favorite not listed here_____

Are you ready to pursue coaching?

Answer the following questions to find out:

- | | | |
|---|------------------------------|-----------------------------|
| 1) Am I willing to consider other viewpoints and perspectives? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 2) Am I willing to challenge my current ways of thinking? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 3) Am I ready to make the commitments necessary to effect the changes I desire? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 4) Am I willing to invest in myself? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 5) Do I have sufficient funds to commit to my development? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 6) Am I mentally and emotionally healthy? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 7) Am I willing to communicate openly and authentically with a coach? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

How many yes answers did you indicate?

6-7 · You are absolutely ready to pursue a coaching engagement

4-5 · Talk with your potential coach to get further clarity as to what you would like to accomplish from coaching

Less than 4 · Coaching is probably not right for you at this time