



# Are you ready for life coaching?

Are you ready for coaching? Please take a few moments to find out if you're truly ready to live your dreams, have more fun and be the best you can be.

**Instructions:** Respond to the statements below by checking the number which most closely represents how true the statement is for you (1 is less true, and 5 is most true). Total your score at the bottom of the page.

Less True		More True			
1	2	3	4	5	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I want to make some life/business changes, and I'm prepared to take action toward making the changes I desire.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I'm ready to put myself at the top (or closer to the top) of my priority list.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I make it a point to be on time for all my appointments.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I'm ready to fully engage in the life coaching process, including completion of any between-session assignments.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I'm willing to have my thoughts, feelings and behaviors challenged when it's apparent they're no longer serving me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I'm willing to assume 100% responsibility for the results I achieve via the coaching relationship.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I'm willing to "try on" new ideas, concepts and behaviors.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I'm willing to be completely open and honest with myself and my life coach.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I'm willing to fully communicate what I want, need and desire from the life coaching relationship.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I see life coaching as a worthwhile investment, and my current financial condition will allow me to take advantage of this investment without causing undue financial pressure.
Total score					<input type="checkbox"/>

Scoring Key	
10 - 20	Now is not a good time for life coaching.
21 - 30	Life coaching is a viable option, assuming you are clear about and honor the ground rules for coaching success.
31 - 40	You are ready for life coaching.
41 - 50	Now is an ideal time for you to powerfully move forward with a life coaching relationship.

Thank you for engaging in this important first step toward creating a successful and fulfilling life. If your results indicated you are ready for coaching, please [e-mail me](mailto:carol@lifeinsightcoaching.com) to schedule a complimentary coaching session. For full details on how it works, please visit [www.lifeinsightcoaching.com](http://www.lifeinsightcoaching.com).

*This brief quiz is designed as a tool to self-assess your readiness for coaching, but it is not considered a scientifically validated test.*