



F.O.C.U.S. for Success

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Coachability Test *How coachable are you?*

Instructions: Circle the number that comes closest to representing how true the statement is for you right now. Score yourself by adding the total of the circled numbers. Use the key at the bottom of the page to determine if coaching is the right path for you. This test will help you discover how coachable you are right now.

Respond to the following statements in this manner: 1 is least true and 5 is most true

- 1 2 3 4 5 I am ready to make changes in my life now.
1 2 3 4 5 I am willing to do the work necessary to reach my goals.
1 2 3 4 5 I will keep my word and do what I say I will do.
1 2 3 4 5 I am willing to “try on” new concepts or different ways to doing things.
1 2 3 4 5 I will be straight, tell the whole truth, to the coach.
1 2 3 4 5 I will share with my coach my expectations from the coaching sessions.
1 2 3 4 5 I am willing to explore and stop or change the self-defeating thoughts which limit my success.
1 2 3 4 5 I have adequate funds to pay for coaching and will not regret or suffer from the fee.
1 2 3 4 5 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.
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 ready to take complete responsibility for my current situation.

_____ TOTAL SCORE (add up all circled numbers)

SCORING KEY:

- 12 – 20 Not coachable right now.
21 – 30 Coachable but make sure ground rules are honored.
31 – 40 Coachable.
41 – 60 Very coachable. Ask the coach to demand a lot from you.

Remember, this is a self-test. Being honest with yourself is the most important resource you have. If you score 30 or above, you are ready to focus for success!