

Phone: (212) 937-3461 Fax: (212) 937-3581  
 E-mail: [pam@futureresultsnow.com](mailto:pam@futureresultsnow.com)  
[www.futureresultsnow.com](http://www.futureresultsnow.com)

## Client Coachability Index

### Are you really ready for coaching?

Coaching is for those who are ready. This test helps you decide if the time is now and helps your coach determine the pace and style of coaching that will suit you best.

Read each statement, and circle a number (from 1 - 5) which comes closest to representing how true the statement is for you right now. Then, score yourself using the key at the bottom of the page.

Name \_\_\_\_\_  
(please print)  
 Phone \_\_\_\_\_  
 Company \_\_\_\_\_  
 Position \_\_\_\_\_  
 E-mail Address \_\_\_\_\_

- |                                                                                                                                                                                     | Least<br>True |   |   |   |   | Most<br>True |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---|---|---|---|--------------|
| 1. I am totally ready to reach out for the next level in my life.                                                                                                                   | 1             | 2 | 3 | 4 | 5 |              |
| 2. I will give the coach the benefit of the doubt and am willing to “try on” new concepts or different ways of doing things.                                                        | 1             | 2 | 3 | 4 | 5 |              |
| 3. I am willing to eliminate or modify the self-limiting behaviors which get in my way.                                                                                             | 1             | 2 | 3 | 4 | 5 |              |
| 4. I am committed to living with passion and striving to be the best I can be.                                                                                                      | 1             | 2 | 3 | 4 | 5 |              |
| 5. I am committed to truth and promise my coach a “no-games” relationship.                                                                                                          | 1             | 2 | 3 | 4 | 5 |              |
| 6. I am committed to showing up on time and being prepared for my coaching calls.                                                                                                   | 1             | 2 | 3 | 4 | 5 |              |
| 7. I am prepared to stretch myself.                                                                                                                                                 | 1             | 2 | 3 | 4 | 5 |              |
| 8. I am ready to change NOW, today.                                                                                                                                                 | 1             | 2 | 3 | 4 | 5 |              |
| 9. I know what I want and will use the coach to help me get there.                                                                                                                  | 1             | 2 | 3 | 4 | 5 |              |
| 10. I will commit to doing my assignments.                                                                                                                                          | 1             | 2 | 3 | 4 | 5 |              |
| 11. If I feel that I am not getting what I need or expect from the coach,<br>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 |              |
| 12. I will tell the coach immediately if they overstep my personal boundaries<br>and ask them to change their coaching approach.                                                    | 1             | 2 | 3 | 4 | 5 |              |
| 13. I totally understand that I am taking responsibility for my own results.                                                                                                        | 1             | 2 | 3 | 4 | 5 |              |
| 14. I see coaching as a worthwhile investment in my life and future;<br>I have adequate funds to pay for coaching and will not regret or worry about the fee.                       | 1             | 2 | 3 | 4 | 5 |              |
| 15. I want the coach to always tell me the truth and we will explore it together.                                                                                                   | 1             | 2 | 3 | 4 | 5 |              |

TOTAL SCORE \_\_\_\_\_

#### SCORING KEY

- 75 – 61 Very coachable; ask your coach to ask a lot from you!  
 60 – 46 You are ready for coaching.  
 45 – 31 You are sitting on the fence. Coachable, but go slow and start by exploring “why” you chose coaching now.  
 30 – 15 Not ready for coaching. Come back when you are ready to take charge and commit to making significant changes in your life.