

Are you ready for coaching?

Ready?

I have the time to invest in myself

I can see the gap between where I am now and where I want to be

I am able to make and keep regular appointments with my coach and with myself to work on what I want

Yes	No

Set

I believe that confidential personal coaching is an approach that will work for me

I am willing to do the work required to get me to where I want to be

I am willing to change unhelpful behaviours and limiting beliefs that may be standing in my success

I will invest 100% in trying new things even if I'm not totally convinced they will work

I am open and ready to share as much information about myself as I need to so that I can activate my growth

Yes	No

Go

I have the patience and desire to keep working towards my goals even if the results take a while to come

I have the support I need to make changes. My (family / partner / employer / significant other) are fully behind me in choosing this approach

Yes	No

If you are unsure about any of these or have a "No" for two or more of these statements then you may need to make some changes before coaching becomes a truly valuable experience for you.