

Is Coaching for You?

Complete this assessment to find out.

Check the number below that represents how true the statement is for you. Add your score when done.
(1 is less true, and 5 is most true).

- | | | |
|----|--|--|
| 1 | I am ready to experience a collaborative partnership which will assist me in finding my true life desires. | 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> |
| 2 | I am ready to look at my life and myself to determine what I need for fulfillment. | 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> |
| 3 | I am ready to be open to new ideas. | 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> |
| 4 | I am ready to be empowered to look at the situations in my life as opportunities for growth. | 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> |
| 5 | I am ready to look deep within myself to create new rules to live by. | 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> |
| 6 | I am ready to recognize my talents and utilize them in my life. | 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> |
| 7 | I am ready to challenge my values and beliefs to develop goals to improve myself. | 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> |
| 8 | I am ready to change some of the behaviors that prevent me from having the life I desire. | 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> |
| 9 | I am ready to accept responsibility for my life. | 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> |
| 10 | I am ready to create a life of endless possibilities. | 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> |

Scoring Key

10 - 20 Now is not a good time for life coaching.

21 - 30 Consider Life Coaching if you feel you are ready to put forth effort and be open minded.

31 - 40 Life Coaching can help you move forward to the optimal life you've been waiting for.

41 - 50 Start immediately, now is an amazing time for your powerful transformation to beg.