

Would You Benefit From Coaching?

If you've ever wondered if coaching is for you, simply fill out this quiz and see what there is to gain from working with a personal coach who is 100% dedicated to your success.

For each of the questions below, enter one of the following:

- 2 points = Agree / Not Applicable
- 1 point = Agree Sometimes
- 0 points = Disagree

<p>1. I am earning what I deserve. _____</p> <p>2. I have plenty of time. _____</p> <p>3. My work and personal life are in balance. _____</p> <p>4. I have little stress in my life. _____</p> <p>5. My earnings are increasing yearly. _____</p> <p>6. I have a team of friends/colleagues who support me _____</p> <p>7. I have simplified my life so things run smoothly. _____</p> <p>8. I have a career strategy that is working. _____</p> <p>9. There are no blocks to my creativity. _____</p> <p>10. I have systems in place to optimize efficiency. _____</p> <p>11. Cash flow is excellent. _____</p> <p>12. I sleep well. _____</p> <p>13. I exercise as much as I need. _____</p> <p>14. I am excited about life & have a life plan that inspires me _____</p> <p>15. I am clear about my personal & professional goals. _____</p> <p>16. I love my work. _____</p> <p>17. I make the most of opportunities that face me. _____</p> <p>18. I have plenty of self-confidence. _____</p> <p>19. I say what I need to; nothing is withheld. _____</p> <p>20. I am focused on what's important to me. _____</p> <p>21. I never do something because I feel I should/ought to. _____</p> <p>22. I am relaxed about money. _____</p> <p>23. I am not afraid of saying "no". _____</p> <p>24. I know my mission and purpose in life. _____</p> <p>24. I know what my values are. _____</p> <p>26. I bring the best out in people. _____</p> <p>27. I have a positive attitude to life. _____</p> <p>28. I know what I am passionate about. _____</p> <p>29. I know where I want to be in one year. _____</p>	<p>30. I know where I want to be in five years. _____</p> <p>31. I have daily habits that support and nurture me. _____</p> <p>32. I build on my personal strengths and delegate my weaknesses. _____</p> <p>33. I have effective business and marketing plans in place. _____</p> <p>34. I spend time doing things I love. _____</p> <p>35. I know what my personal needs are and I get them met. _____</p> <p>36. I have plenty of time for developing new projects. _____</p> <p>37. I invest at least 15% of my income. _____</p> <p>38. My work/home environment is well-organized and inspiring. _____</p> <p>39. I know where I really add value at work and focus on this. _____</p> <p>40. I am happy and fulfilled in my personal and professional life. _____</p> <p>41. I rarely run on adrenaline. _____</p> <p>42. I have healthy eating habits. _____</p> <p>43. I have a strong professional network and continually work to expand it. _____</p> <p>44. I keep management informed of the value I provide to the organization. _____</p> <p>45. I am consistently on time or early. _____</p> <p>46. I consistently do <u>not</u> work evenings, weekend, or holidays. _____</p> <p>47. I manage my clients/customers well. _____</p> <p>48. I have a strong reputation and people respect me. _____</p> <p>49. I have lots of fun in my personal and professional life. _____</p> <p>50. I have given up "yearning." I "go for" what I want. _____</p> <p>TOTAL _____</p>
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Now turn the page and see where you stand!

Your Profile

If you scored 0-50 points: You are confident with some areas of your life, but could drastically improve in others. You stand to achieve the maximum benefit from coaching in both your personal and your professional life. A coach

can help you establish your values, identify your strengths, eliminate distractions and energy drainers, and tap into your true potential so you can begin to really live.

If you scored 50-80 points: Well done! Life is pretty good for you, although you probably suffer from the occasional stumbling block, and suspect that you could achieve much more, personally and professionally. By working with a coach you could increase your effectiveness and achieve a balanced integration of home and work life. You're almost there! You owe it to yourself!

If you scored 80-100 points: Congratulations! You are obviously close to reaching your full potential. You probably know what your vision and goals are and have a plan for achieving them. Why not enlist the help of a coach to support you in achieving the last ten or twenty percent? Coaching could be just the kick-start you need to go the final distance.

ARE YOU COACHABLE?

Find out how coachable you are! Circle the number that comes closest to representing how true the statement is for you right now. Score yourself using the key at the bottom of the page.

LESS MORE

TRUE TRUE STATEMENT

- | | | | | | |
|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | I can be relied upon to be on time for all calls and appointments. |
| 1 | 2 | 3 | 4 | 5 | This is the right time for me to accept coaching. |
| 1 | 2 | 3 | 4 | 5 | I am fully willing to do the work and let the coach do the coaching. |
| 1 | 2 | 3 | 4 | 5 | I keep my word without struggling or sabotaging. |
| 1 | 2 | 3 | 4 | 5 | I'll give the coach the benefit of the doubt and "try on" new concepts or different ways of doing things. |
| 1 | 2 | 3 | 4 | 5 | I will speak straight (tell what's really true) to the coach. |
| 1 | 2 | 3 | 4 | 5 | If I feel that I am not getting what I need or expect from the coach, 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 | I am willing to eliminate or modify the self-defeating behaviors which limit my success. |
| 1 | 2 | 3 | 4 | 5 | I have adequate funds to pay for coaching and will not regret or suffer about the fee. 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. |

_____ **TOTAL SCORE** (add up all the circled numbers)

SCORING KEY

- 0-20 Not coachable right now.
21-30 Coachable, but make sure ground rules are honored!
31-40 Coachable.
41-50 Very coachable: ask the coach to ask a lot from you!

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Interested in a complimentary coaching session or learning more about coaching?
Contact Windy Warner of PRO Coach Inc. at 214-987-4212 or windy@coachwindy.com