



## **Client Coachability Index**

*How Coachable Are You?*

### ***Instructions:***

Choose the number that comes closest to representing how true the statement is for you. Then score yourself using the key at the bottom of the page. I need for you to be at the place in life where you are coachable. This survey helps me —and you—discover what stage you are in right now.

Less True			More True	
1	2	3	4	5

<b>My Score</b>	<b>Statement</b>
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- |       |   |
|-------|---|
| _____ | I can be relied upon to be on time for all calls and appointments.  |
| _____ | This is the right time for me to accept coaching.   |
| _____ | I am fully willing to do the work and let my coach do the coaching.   |
| _____ | I keep my word without struggling or sabotaging.  |
| _____ | I'll give my coach the benefit of the doubt and make myself open and available to new concepts.                                       |
| _____ | I will always speak the truth to my coach.  |
| _____ | If I feel that I am not getting what I need or expect from my coach, I promise to ask for what I want and need from our relationship. |
| _____ | I am willing to eliminate or modify the self-defeating behaviors, which limit my success.   |
| _____ | I have adequate funds to invest in coaching and will not regret or suffer the fee.  |
| _____ | I see coaching as a worthwhile investment in my life.   |
| _____ | <b>TOTAL SCORE – <i>Enter this number on your profile sheet</i></b>   |

### **Scoring Key**

- |         |  |
|---------|--|
| 10 – 20 | Not coachable right now                              |
| 21 – 30 | Coachable, but make sure ground rules are honored!   |
| 31 – 40 | Coachable.   |
| 41 – 55 | Very coachable; ask the coach to ask a lot from you! |

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