

## Coachability Index

(Modified from original Coachability Index by Thomas Leonard and <http://www.coachinc.com>)

Give yourself a score of 1-5 for each statement (1 being the least true, 5 the most true):

- I am ready for a change in life direction, increased fulfillment and meaning in life. I desire greater clarity and focus in my life direction.
- I have a vision for what I want to achieve. I can identify two or three things I would like to change in my life.
- I am ready to move from dwelling in the challenges to taking proactive, positive action. I am willing to stop or change the self-defeating behaviors that limit my success.
- I am ready to accept coaching and have or am resolving any deeper relational issues in my life.
- I am willing to experiment with new ideas and new ways of approaching problems. I will give my Coach the benefit of the doubt when “trying out” new concepts or approaches.
- If I encounter difficulties, I will promptly share this with my Coach in order that my Coach and I can refine these new approaches the way it works for me. I will then be able to experience what I need in the coaching relationship.
- I am ready to align my vocation and set personal and family priorities with my life direction.
- I realize there are no “magic bullets” and the **only answers for me coming from my own discovery experience**. I do rely on others including my Coach, for feedback, information, and guidance, not for “the answers”. I am willing to do the work and let the Coach do the coaching.
- I am also willing to enlist the support of others who care about me to speed my progress without relinquishing responsibility for my own life decisions and action.
- I am willing to invest time & money in my personal and professional development and have prioritized my finances to accommodate for coaching fees and my own personal/professional goals.
- I am willing to see coaching as a worthwhile investment in my life.
- I am prepared to be on time for all calls and appointments.
- I will speak straight (tell the whole truth) to the Coach and trust that my Coach will have the skills to gently guide me to where I need to be.
- I am someone who can “share the credit” for my success with my Coach.
- I understand the benefits of coaching can include: clarity of focus, teaming up with your coach as advocate, achievement far beyond the status quo, creation of your own life action plan

**TOTAL SCORE (to recalculate, just click this box again)**

**SCORING KEY:**

**35 - 45 Not Coachable right now:** You may want to come back to coaching when you've spent some time with a counselor or therapist to help you resolve some of your life, relational, & developmental issues; or ask if your coach offers Pre-coaching Readiness Development support.

**46 - 55 Coachable,** but you may need to ensure that the coaching agreement and boundaries are thoroughly understood and honored. You may also need to spend extra time working on your own growth.

**56 - 65 Easily Coachable:** You are encouraged to spend time working on key shifts and distinctions to raise your score so you will be able to take fuller advantage of your coaching.

**66 - 75 Extremely Coachable:** ask your coach to request a lot from you - but make sure you don't fall into the "Perfect Client" trap. Be sure to let your coach know when life demands coupled with coaching homework become too much for you to handle without feeling pressured. (If you find yourself reluctant to call for your appointment because you didn't do your homework, call anyway and share that thought first! Then request a slower pace for a few weeks while you build your accountability muscles. Set it up so you get to WIN!)