



## Client Coachability Index

Before you can experience the life changing benefits from a life coach, it is important to verify that you will be ready to make the appropriate adjustments to your life. This test will help you and your coach discover how “coachable” you are. Circle the number which comes closest to representing how true the statement is for you right now. Then score yourself using the key at the bottom of the page.

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.
					<b>Total Score</b>

### Scoring Key

- 10-20 Not coachable right now.
- 21-30 Somewhat Coachable
- 31-40 Coachable
- 41-50 Very Coachable