

ARE YOU READY TO SLAY YOUR DRAGONS

By answering the true and false questions below, you will be able to determine if personal coaching could benefit you. Read each statement and decide if it is "true" or "false" for you. After completing the questions simply count the number of checks you have in each column. If most of the statements are "true" for you, then **CONGRATULATIONS**, you are ready and could benefit from coaching!

	TRUE	FALSE
Are there areas in your life that could be upgraded	_____	_____
Do you want more or less of something in your life	_____	_____
Are you entering a new phase in your life with a need to prepare	_____	_____
Are you tolerating too much in your life	_____	_____
Are you looking to achieve something faster	_____	_____
Are you financially successful but feel that something is missing	_____	_____
Time stress from too much to do or from procrastination and avoidance	_____	_____
Experiencing strained personal and/or professional relationships	_____	_____
Are you feeling stagnant and apathetic, "getting by" from day to day	_____	_____
Could you change one thing in your life that would give you more peace	_____	_____
Do you realize that with some outside input you could become much more fulfilled and/or successful	_____	_____
Do you think coaching could add the support and structure you need to be successful	_____	_____
Are you willing to receive feedback and suggestions from your coach	_____	_____
Are you open to changing those habits and behaviours that do not serve you well	_____	_____
Are you willing to come to the coaching sessions on time and prepared for what it is that is being working on	_____	_____
Are you willing to do field work outside of the coaching sessions in order to receive maximum benefit from coaching	_____	_____
Do you see coaching as an investment in your life	_____	_____
I understand that what I put into coaching is what I will get out of it	_____	_____
TOTALS	_____	_____