

# ARE YOU READY FOR PERSONAL COACHING

Read each statement and decide if it is "true" or "false" for you. After completing, 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 to "Slay the Dragon" and could benefit from coaching!

	<u>True</u>	<u>False</u>
Are there any areas in your life that could be upgraded/tweaked	___	___
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	___	___
Experience 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 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	___	___
<b>TOTALS</b>	___	___

