

Coaching Readiness Scale

Please provide your responses to the following statements: 1 (disagree) to 5 (strongly agree) scale.

NAME: _____

1. I believe I am capable of having a life and career I truly desire.
2. I am open to doing things in new and different ways to be successful.
3. I am known for my courage, loyalty, integrity, and work ethic.
4. I am an optimistic person.
5. I am completely accountable for the results I produce.
6. I have a clear view of where I am and where I want to go in life.
7. I work well with others.
8. Creating and sustaining relationships builds strength.
9. I live my life true to my values.
10. I am willing to take the lead on issues that are important to me.
11. I know I have unrealized potential.
12. I am able to work outside my comfort zone.
13. I have people in my life committed to my success.
14. I want a very high quality of life.
15. Producing quantifiable results is very important to me.
16. I am a person that you can rely on.
17. Money is not the highest priority in my life.
18. I am strongly committed to my personal development.
19. I am able to bounce back from setbacks.
20. I am open to and welcome the contributions of others.

Form courtesy of and copyrighted by Linda Mitchell, Coaches For Life, www.coachesforlife.com, lindamitchell.net | FB264