

Name _____ Date _____

TEST YOURSELF:

ARE YOU READY FOR AN AMAZING LIFE?

INSTRUCTIONS: Circle the number that 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. This self-assessment tool will assist you and your coach/counselor to discover how ready you are for this service.

Less True					More True	
1	2	3	4	5	I tend to be punctual and available for all appointments.	
1	2	3	4	5	The timing is right for me to be coached/counseled.	
1	2	3	4	5	I am ready to do the work that my coach/counselor suggests.	
1	2	3	4	5	I am good about keeping my word.	
1	2	3	4	5	I am willing to be open to new ideas.	
1	2	3	4	5	I will be honest and truthful with my coach/counselor and request that my coach/counselor do the same with me.	
1	2	3	4	5	If I am not getting my expectations met, I will speak up and share this with my coach/counselor.	
1	2	3	4	5	I agree to change any self-limiting attitudes or behaviors which interfere with my health, happiness and success.	
1	2	3	4	5	I am comfortable paying for coaching/counseling, and view it as a valuable investment in creating joy, purpose and inner peace in my life.	
1	2	3	4	5	I am the type of person who can share the credit for my success with my coach/counselor.	

_____ **TOTAL SCORE** (add up all the numbers)

SCORING KEY

10 - 20	Not ready right now for coaching/counseling
21 - 30	Ready for coaching/counseling, but make sure ground rules are honored
31 - 40	Ready for coaching/counseling
41 - 50	Very ready for coaching/counseling; ask your coach/counselor to demand a lot from you!

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Call/Text (619) 961-7500 • Sessions in Person or by Phone ... that really work!