

## Are you ready for coaching?

**Assessment # 1:** This assessment helps you to view your level of clarity and commitment to living your full potential. It is from *'The Power of Focus'* by Canfield, Hansen and Hewitt.

Questions	Yes	Not sure	No
Do you recognize what you are good at and what energizes you?			
Do you fully utilize your most-enjoyed skills?			
Does your work further some interest that you care deeply about?			
Do you see your work making a difference in the world?			
Do you view most days with a sense of enthusiasm?			
Have you developed your own philosophy of life and success?			
Are you taking the necessary risks to live your philosophy?			
Do you have active goals this year relating to your purpose?			
Are you willing to actively work to make things better for yourself?			

### Evaluation

For each **Yes** answer, give yourself a **0**.  
 For each **Not Sure** answer, give yourself a **1**.  
 For each **No** answer, give yourself a **2**.

### Your score

**0 - 7:** You are quite focused in your life, you have a sense of direction, and you are intent on making a difference. A coach may help you make even better things happen sooner.

**8 - 15:** You have a sense of purpose, but your commitment is not clear yet. A coach could help you turn your purpose into effective action, but are you ready to do the work that's necessary to get there?

**16 - 20:** You are definitely not living up to your full potential. How important is it to you to create the change you want, and to make coaching a worthwhile investment?

**Assessment # 2:** This assessment helps you understand whether you are ready for coaching.

Questions	Yes	So-So	No
I am ready to accept responsibility for my success and happiness in life.			
I am ready to create more focus in my life, career and business.			
I am ready to grow personally and professionally.			
I am open to trying new ideas, instead of continuing to do the things that have not worked in the past.			
I am willing to stop self-sabotaging behaviors.			
I am ready to trust a coach and to partner with her/him to accomplish what matters to me, faster and more effectively.			
I am committed to be on time for all coaching appointments, and to avoid any distractions during sessions.			
I am willing to do the work that's necessary between sessions.			
I am willing to invest time, money and energy into taking better care of myself and creating the business and life I want.			
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, career and business.			
<b>Total</b>			

### Your score

**0 – 4 of Yes answers:** This is not the right time for coaching.

**5 – 8 of Yes answers:** You are somewhat ready for coaching, but not completely committed to your growth and success.

**9 – 10 of Yes answers:** You are ready for coaching!

### Your next step

Are you ready for coaching? If you want to find out what working with me could be like, you are welcome to contact me, so we set up a time to talk on the phone or Skype.

Write to [contact@effective-actions.com](mailto:contact@effective-actions.com)