

How Coachable Are You?

INSTRUCTIONS: Circle the number that comes closest to representing how true each statement is for you right now. Then, score yourself, using the key at the bottom.

1 = Less True 5 = More True

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|---|---|---|---|---|---|
| 1. I ask for feedback on your own performance. | 1 | 2 | 3 | 4 | 5 |
| 2. I am willing to stop or change self-defeating behaviors that limit my success. | 1 | 2 | 3 | 4 | 5 |
| 3. This is the right time for me to accept coaching. I am open to change. | 1 | 2 | 3 | 4 | 5 |
| 4. I am open to honest feedback and candid assessments. | 1 | 2 | 3 | 4 | 5 |
| 5. I am the only one who can make my life better. | 1 | 2 | 3 | 4 | 5 |
| 6. I sincerely want to improve my effectiveness and/or satisfaction. | 1 | 2 | 3 | 4 | 5 |
| 7. I appreciate and use the feedback I receive from others. | 1 | 2 | 3 | 4 | 5 |
| 8. I am willing to try new ideas, methods and concepts without struggling, arguing or sabotaging. | 1 | 2 | 3 | 4 | 5 |
| 9. I take responsibility for getting the education and experience I need to develop my professional skills. | 1 | 2 | 3 | 4 | 5 |
| 10. I respond non-defensively when others tell me about my unproductive Behaviors. | 1 | 2 | 3 | 4 | 5 |

SCORING KEY

10 - 20 Not coachable right now.

21 - 30 Coachable, but enthusiasm and follow-through may be transient.

31 - 40 Coachable.

41 - 50 Very coachable. Ask your coaches to demand a lot from you!