

## Is this the right time for a Life Coach?

Having a coach in your life can speed up the process of obtaining what you want and make the journey of getting it much smoother. Having a coach will support you in becoming clear on what you really want.

After you have filled out the form decide if you want to set up a trial session with a coach and discuss what you discovered by completing this form.

Circle yes or no

I am ready to do whatever it takes to reach my goals?	<b>Yes</b>	<b>No</b>
I am willing to listen to the viewpoint of someone else?	<b>Yes</b>	<b>No</b>
I am willing to invest in myself?	<b>Yes</b>	<b>No</b>
I am willing to get out of my comfort zone and try new things?	<b>Yes</b>	<b>No</b>
I am willing to make the commitment necessary to make the changes I am seeking?	<b>Yes</b>	<b>No</b>
I am willing to commit to the process, knowing that change doesn't happen over night.	<b>Yes</b>	<b>No</b>
I am willing to ask for support and accept the support I receive?	<b>Yes</b>	<b>No</b>
I am willing to stop tolerating?	<b>Yes</b>	<b>No</b>
I am ready to invest in myself?	<b>Yes</b>	<b>No</b>
I am ready to put myself first in my life?	<b>Yes</b>	<b>No</b>

Give yourself one point for every yes you circled and 0 point for every no your circled. Tally up the number of yes's and then the number of no's.

If you scored:

- 8-10 points** You are ready to make the investment and hire a coach. Your commitment level is high and you will achieve much from working with a coach.
- 5-7 points.** You are almost there. During your trial session, work with a coach on areas that are getting in your way and ask the coach to support you in removing those blocks so you can move forward and begin to create the change you want in your life.
- 0-4 points.** Most likely you are not ready to hire a coach. During your trial suggestion as the coach for suggestions on what you could do to prepare yourself to begin the process of change.

## Are you ready to hire a coach?

To discover how a coach might help you, complete the Discovery Form. This will give you a strong base from which to explore if coaching will be useful at this stage of your life. Even if you are not ready to hire a coach, this will give you an opportunity to explore the possibilities that are available to you right now.

- 1) Rate yourself from one to ten in each of the life areas. Ten being perfect, it can't get any better, one meaning lots of improvement is needed in this area.

Health:	1	2	3	4	5	6	7	8	9	10
Career:	1	2	3	4	5	6	7	8	9	10
Money	1	2	3	4	5	6	7	8	9	10
Family	1	2	3	4	5	6	7	8	9	10
Peace	1	2	3	4	5	6	7	8	9	10
Fun	1	2	3	4	5	6	7	8	9	10
Relationship(s):	1	2	3	4	5	6	7	8	9	10
Fulfillment:	1	2	3	4	5	6	7	8	9	10
Other: _____	1	2	3	4	5	6	7	8	9	10

- 2) What is one thing you would like to achieve in the next six months that would make the biggest difference in your life?

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