**Your Readiness for a Positive Change Test**

**Just to check if you are ready for coaching**

This 20 questions assessment is prepared by me to check your coachablity.

As coaching is a co-creative relationship, where I will help you, accomplish your goals, as your partner. Where we will work together by setting tiny goals, chosen by you, for each week. Coaching takes serious dedication, time, energy & commitment from you.

It is necessary to check if you are ready for it at this point of your life & how will you perform in coaching.

Please analyze all the statements. Rate them on a scale of 1-5. Try choosing one number which best represents your current feelings & thoughts.

**1 2 3 4 5**

**Least likely Most likely**

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| **Statement Response** |

1. I always look for the opportunities to advance myself.
2. I have some unfulfilled dreams that I am presently motivated to reach.
3. I can take honest feedback in an un-offended manner.
4. I believe that I have hidden capabilities, which I have not yet truly tapped.
5. The concept of taking someone’s guidance & support towards achieving my goals is very interesting to me.
6. I believe that learning is a never-ending process & I am always open to learn new things.
7. I think that to solve a problem there can be many perspectives.
8. I admit that many distinguished areas of my life are currently not in good balance & I am ready to work to fix them so that I would feel more satisfied, fulfilled & happy.

9. I believe that through someone’s assistance I’ll be able to perform better in my life.

1. I always look forward for my personal growth.
2. I am ready to take a step towards a positive future & to have a partner who helps me to reach my goals.
3. I believe that I can take assistance to identify & develop my strengths.
4. I am always open to change.
5. I have a strong desire & will to make my life more blissful, transparent & satisfying through the help of a professional coach.
6. I understand how working with a professional coach would help me improve my current state.
7. I am ready to commit my time, energy & finances to make some good changes in my life that can last for a long time.
8. Though I have not taken an initiative towards positive changes in my life till now but now I am ready to begin.
9. I know that coaching needs my commitment & time to complete the tasks given in the allotted time & I am ready for that.
10. I know I am going to work with a professional, which requires finances & I believe that it’s worth it.
11. I know that coaching is different from consulting & therapy. Here the coach will help me explore my own solutions, strengths & opportunities.