

ADHD Coaching Readiness Self-Assessment

Check all the statements that apply to you:

1. I understand that coaching is different from therapy or consulting.
2. I am looking for a partner to help me set goals, stay accountable, and experiment with strategies - not someone to tell me exactly what to do.
3. I am open to trying new strategies, even if they feel uncomfortable or unfamiliar.
4. I understand that progress will require my active effort, not just advice or quick fixes.
5. I can set aside regular time and energy for coaching sessions and follow-up actions.
6. I am ready to invest in my personal growth, even if life feels busy or overwhelming.
7. I feel emotionally stable enough to focus on building skills, habits, and systems.
8. When I face challenges, I am willing to reflect and learn instead of shutting down.
9. I have at least one other source of support in my life (family, friends, therapist, doctor).
10. I do not expect coaching to replace therapy or mental health support if I need it.
11. I am ready to take small steps toward my goals, even if I am nervous or unsure.
12. I understand that lasting change takes time and practice - there is no instant solution.

Your ADHD Coaching Readiness Score:

Less than 5 = *Probably not ready right now.* Try ADHD therapy first to understand how your past may be influencing your current reality.

5 to 7 = *Somewhat / generally ready.* Consider working with an ADHD therapist in tandem with an ADHD life coach to better understand how your past is affecting your current reality while also actively working towards your goals.

7 to 10 = *Mostly ready!* Keep in mind that while you may experience immediate relief and see progress in some areas, sustainable, long-term results take time so be sure to keep expectations realistic. Let's get started!

11 to 12 = *More than ready!* Let's rock n' roll!!