



Is Coaching Right for Me? – Self-Assessment

Use these 10 reflection questions to determine if you're ready for personal or leadership coaching.

Instructions: Answer Yes / No / Unsure. If you answer 'Yes' to 5 or more, coaching may be a strong next step for you.

1. Do I feel stuck or unsure about my next steps as a leader?

☐ Yes ☐ No ☐ Unsure

2. Am I looking for clarity on my vision, values, or goals?

☐ Yes ☐ No ☐ Unsure

3. Do I struggle to stay focused or productive with what matters most?

☐ Yes ☐ No ☐ Unsure

4. Am I open to feedback and willing to grow?

☐ Yes ☐ No ☐ Unsure

5. Do I want to strengthen my spiritual, personal, or leadership foundations?

☐ Yes ☐ No ☐ Unsure

6. Am I facing a major decision or transition that would benefit from outside perspective?

☐ Yes ☐ No ☐ Unsure

7. Do I want accountability and support to follow through on my commitments?

☐ Yes ☐ No ☐ Unsure

8. Am I hungry to grow—not just succeed, but lead with purpose?

☐ Yes ☐ No ☐ Unsure

9. Would I benefit from having a wise guide or sounding board?

☐ Yes ☐ No ☐ Unsure

10. Do I sense God is inviting me into something more—and I need help getting there?

☐ Yes ☐ No ☐ Unsure