

How committed are you?

The coaching process is beautiful, releases negative stuff and brings about positive changes in all areas of your life. It can at times be deep and difficult but you need to fully turn up and play at 100%. Being completely truthful and working through your boundaries will determine your success with this life changing process.

Read through the following questionnaire to find out what your level of commitment is. Answer each statement with a 1,2,3,4 or 5 and then refer to the results at the end.

Write in the number that most resembles your feelings, given that 1 represents low probability while a 5 represents a high probability.

- ___ I understand that I am not always right, others' views are just as valid as mine
- ___ I understand that there are things that I could do better in my life and coaching will help me
- ___ I will always be on time for appointments, no matter what
- ___ I am willing to do the work, despite the level of difficulty
- ___ I will always and only be honest with my coach
- ___ I will always and only be honest with myself
- ___ I will follow my coach's instructions to ensure that I get the most out of our time
- ___ I will try new ways of thinking, provided by my coach
- ___ I will be flexible and open
- ___ I will pay coaching fees without regret, seeing this as a vital investment in me
- ___ I can accept the responsibility of being coached and changing my life

Total up the numbers above and then refer to the reference chart below:

Up to 20 – Really consider why you responded as you did. Are you happy with where your life is now, is your current approach working for you? If not get the help of a coach, it may be a bumpy journey but, definitely worth it for you, you just need to let go.

20 to 40 – Most people will be in this group. You see others achieve and want the same for yourself. You are aware that you can get more out of life but are not yet sure where to begin or what to do. A coach can help you with all of this, why wait? Connect with one now.

41 to 50 – Awesome, you accept responsibility for your life, you understand that you have learning to do and you are willing to try new things. This mindset of yours is awesome and means that you are already on your journey towards getting what you want. Get in touch with a coach today and get that life you love.

