



# AM I COACHABLE?

Read through the following questionnaire to find out if you are currently coachable. Answer each statement with a 1,2,3,4 or 5 and then refer to the chart 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.

\_\_\_\_\_ Am I ready to be open minded/open to change?

\_\_\_\_\_ Do I trust myself to do the work, despite the level of difficulty?

\_\_\_\_\_ Do I have the appropriate amount of time to invest in myself through this program?

\_\_\_\_\_ I can pay for this program without regret and see such as an investment.

\_\_\_\_\_ I will not sabotage my goals by delaying taking action/procrastinating on doing the work between the sessions.

\_\_\_\_\_ Collaboration and accountability will help me get unstuck. (Am I ready to accept help on my journey?)

\_\_\_\_\_ Am I ready to share my experiences (good or bad), my difficulties, and my fears?

\_\_\_\_\_ I've done my homework on April- viewed her website, reviewed her social media platforms, and/or sought feedback from others that have worked with her.

\_\_\_\_\_ I understand the difference in coaching and therapy.

\_\_\_\_\_ I feel a connection with April as my coach.

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

10-20 Unable to be coached at present moment

21-30 Coachable, but requires immediate foundation

31-40 Coachable

41-50 Most coachable, ask for coaching today and expect a lot from your coach.