



Quiz: *Is Coaching Right For You?*

See if coaching could be for you by taking this quiz. Give yourself 1-10 points for each statement (1 being “Not at all Ready” to 10 being “Totally Ready!”).

- _____ I am ready to discover my life’s purpose.
- _____ I am ready to make real and positive changes in my life.
- _____ I am ready to create plans and take action to achieve my goals.
- _____ I am ready to have balance in my life.
- _____ I am ready to work less and make more.
- _____ I am ready to conquer unconstructive actions and beliefs.
- _____ I am ready to have more creativity and enjoyment in my life.
- _____ I am ready to realize a sense of fulfillment at work and in my life.
- _____ I am ready to achieve a sense of fulfillment at work and in my life.
- _____ I am ready to improve my personal or business relationships.
- _____ I am ready to explore new and different ways of approaching obstacles in my life.
- _____ I am ready to benefit from working with someone who will motivate me to be the person I can be.
- _____ I am ready to benefit from working with someone who will help me to stay on track.
- _____ I am ready to benefit from working with someone who will hold me accountable in order for me to create the life I say I want to have.

_____ I am ready to take responsibility for getting what I want from the coaching process.

Quiz Results:

Add all your points together.

If you scored less than 25 Points:

A Coach may not be for you at this time.

If you scored 25-50 Points:

Life Coaching could help you to look at your life from a different viewpoint as well as help you develop a plan to change what it is that you would like to change, bringing you balance in both your personal and business adventures. However, if you decide to work with a life coach now, you should decide and commit that you will take the necessary action for your benefit, or you will not make lasting life-changing improvements.

If you scored more than 50 Points:

Congratulations! You are ready for a Life Coach! You are ready and willing to create the life in which you desire! Please take a moment to fill out your information on the [LifePlan contact page](#) and I will contact you shortly to talk about what your next step is. Find out what coaching can do for you!