



READY, SET, GO FOR COACHING

Are you ready?

Ready?

1. I have the time to invest in myself. Y__ N__
2. I can see the gap between where I am now and where I want to be. Y__ N__
3. I am able to make and keep regular appointments with my coach and with myself to work on what I want. Y__ N__

Set?

4. I believe that confidential, personal coaching is an approach that will work for me. Y__ N__
5. I am willing to do the work required to get me to where I want to be. Y__ N__
6. I am willing to change unhelpful behaviours and limiting beliefs that may be standing in the way of my success. Y__ N__
7. I will invest 100% in trying new things even if I am not totally convinced they will work. Y__ N__
8. I am open and ready to share as much information about myself as I need to so that I can activate my growth. Y__ N__

Go?

9. I have the patience and desire to keep working towards my goals even if the results take a while to come. Y__ N__
10. I have the support I need to make changes. My (family/partner/employer/significant other) are fully behind me in choosing this approach. Y__ N__

If you are unsure about any of these or have a "No" for two or more of these statements then you may need to make some changes before coaching becomes a truly valuable experience for you.