

I appreciate your commitment to evaluating your readiness for coaching.

Deep coaching has the potential to bring about profound life changes and transformations. To fully benefit from this experience, it is essential that individuals be prepared for change and be receptive to self-reflection, even when it involves questioning long-held beliefs.

To assess your readiness for coaching, kindly respond to the following questions.

If you find yourself hesitating to answer with a straightforward 'yes,' take a moment to ponder on the reasons behind your hesitation. By itself, this introspective exercise can prove highly valuable and a step forward towards your desired destination.

	YES	NO	I DON'T KNOW	IT DEPENDS
▪ Do you want to make a positive change in your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you open to changing your perspectives? Your established way of seeing, thinking, and behaving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you looking for a new approach to help you reach your goals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you prepared to re-examine and shift some of your preconceptions, assumptions, or expectations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you open to asking for, accepting, using or relying on the intelligence of others (e.g. relatives, friends, co-workers)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you open to hearing honest and direct feedback, even if challenging or uncomfortable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you willing to learn more about yourself and what's holding you back, even if challenging or uncomfortable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you open to being honest with yourself and your coach?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Do you prefer to be guided towards a new approach rather than told?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you comfortable with ambiguity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you willing to be challenged with difficult questions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you ready to accept ownership and accountability for your life and how it's unfolding?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you willing to commit to work on yourself outside of the sessions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
▪ Are you ready to dedicate up to 30 minutes daily to complete me-time exercises?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you aren't quite prepared for a change at the moment, I completely understand. Change can trigger fear for various reasons, often leading us to shy away from it. To explore the reasons behind your hesitance towards change, you can turn to the insightful ['Fear of Change and Self-Reflection'](#) reference guide.

And even if, according to the results, it may not be the right time for you, I still highly value your consideration of the potential benefits that coaching can offer. Remember, progress is achieved step by step, and you've already taken the initial stride towards unlocking your full potential.

On the other hand, if you're feeling ready and eager to get the best out of your business and personal life, please complete the ['Pre-Coaching Self-Reflection Form'](#) and share your thoughts with me.

I look forward to getting to know you better and embarking on this transformative journey together.

