

Am I ready for a Personal Coach?

Investing in your life through personal coaching is a gift you give yourself. For a variety of reasons, not everyone is ready for coaching. Take a few minutes with the self-assessment below to think about your life, and determine if a Best Year Yet coach is the right choice for you.

Consider each of the statements below and then rate yourself as follows by circling the appropriate number below each statement.

- 1 = Never
- 2 = Rarely
- 3 = About half the time
- 4 = Most of the time
- 5 = All of the time

When you are finished, look at your answers and you may see your potential in a whole new light.

1. I have goals and I'm making progress with them.

1 2 3 4 5

2. I feel confident that my life is on a positive track.

1 2 3 4 5

3. My personal relationships are fulfilling to me.

1 2 3 4 5

4. My professional relationships are fulfilling to me.

1 2 3 4 5

5. I can count on myself to stick to my priorities.

1 2 3 4 5

6. I believe in the benefit of taking the time to plan and then execute the plan.

1 2 3 4 5

7. I am now ready to use my abilities and my intelligence more fully and courageously.

1 2 3 4 5

8. It matters that I live up to my personal beliefs and values.

1 2 3 4 5

9. I am ready to take myself to a new level of quality in my life.

1 2 3 4 5

10. I am willing to do what it takes to get the results I want.

1 2 3 4 5

Total Score _____

50 – 40 You are ready, willing, and able to benefit from what a Best Year Yet coach can offer you. You have vision, commitment, and can imagine results.

39 – 20 While there are some areas that may need extra attention and assistance; you ultimately have what it takes to make great things happen for yourself. Your Best Year Yet coach can assist you with the areas you may be stuck in, and guide you successfully through the challenges.

19 – 10 This may not be the right time for you to invest in a Best Year Yet plan for yourself. That's okay! This could be a wake-up call to help you re-invest in yourself and the dreams you have.