

## ARE YOU READY FOR A COACH?

Coaching is a collaborative partnership between a coach, totally dedicated to your goals, intentions, and agenda, and a client, open to introspection and ready to drive positive change in his or her life. I'm ready to be your coach if you're ready to have a coach. Please take a few moments to find out how ready you are to take the next step.

On a scale from 1 to 10, rate each of the following statements.

1      2      3      4      5      6      7      8      9      10  
Not at all agree                      Somewhat agree                      Totally agree

	<u>Score</u>
I am open to introspection and feedback.	_____
I am ready to take action to achieve my goals.	_____
I need help in staying on track with my goals.	_____
I know what I want, but am unclear how to get there.	_____
I am often blocked from growth by my own limiting beliefs.	_____
I am interested in finding new ways to attack old problems.	_____
I want to live a more balanced life.	_____
I am unafraid to have my blind spots exposed.	_____
I would value an objective, "thinking and conversation" partner.	_____
I am ready and willing to create positive change in my life.	_____
Total	_____

Your Score

### Under 30

Coaching is not for you right now.

### 31 to 60

Coaching could help you identify new perspectives as well as help you develop a plan to change what it is that you would like to change. However, if you decide to work with a coach now, you should decide on an area of focus and commit to taking the necessary steps needed to bring about your desired outcomes.

### Over 60

You are ready for a coach right now! Contact Beverley at 210-913-0868 or email [beverley.mcclure@freshperspectivesllc.net](mailto:beverley.mcclure@freshperspectivesllc.net) to arrange for a free "get focused" coaching session.