



**SEEDS of CHANGE**  
Health & Wellness Coaching

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# CLIENT FORM: Coachability Index

Please fill out and email to jill@seedsofchange coaching.com or fax to 732-751-4412

For coaching to be truly effective, you need to be at a place in life where you are coachable. This quick test helps both you and the coach discover how coachable you are right now. Read each of the ten statements below and circle the number that comes closest to representing how true the statement is for you right now. Then score yourself using the key at the bottom of the page. Return this test to the coach as requested. (If you are completing this form as a PDF, click the buttons and your score will be automatically added below.)

	1=Least True				5= Most True
I can be relied upon to be on time for all calls and appointments .....	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
This is the right time for me to accept coaching .....	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I am fully willing to do the work and let the coach do the coaching.....	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I keep my word without struggling or sabotaging.....	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I'll give the coach the benefit of the doubt and "try on" new concepts or different ways of doing things.....	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I will be upfront and speak truthfully to the coach.....	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
If I feel that I am not getting what I need or expect from the coach, I will share this as soon as I sense it and ask that I get what I want and need from the coaching relationship .....	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I am willing to eliminate or modify the self-defeating behaviors that limit my success.....	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have adequate funds to pay for coaching and will not regret or suffer about the fee. I see coaching as a worthwhile investment in my life.....	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I am someone who can share the credit for my success with the coach....	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

**TOTAL SCORE** (add up all the circled numbers)

## SCORING KEY

- 10 – 20** Not coachable right now.
- 21 – 30** Coachable but make sure ground rules are honored.
- 31 – 40** Coachable.
- 41 – 50** Very coachable. Tell your coach to ask a lot from you!