

# Coaching Quiz: Is it for me?

Please evaluate the following questions for business & life.

Rating Scale: 4 = definitely/yes, 3 = somewhat, 2 = in process/try to, 1 = want to/no

Consider your life currently.... Circle the rating that best indicates where you are at.

1. I know my gifts & talents.	4	3	2	1
2. I am using my gifts, talents and skills.	4	3	2	1
3. I enjoy my life and have it designed the way I want it (good life balance).	4	3	2	1
4. I am eager for my day and love what I do (career).	4	3	2	1
5. I have a vision for my future and am excited for it to happen.	4	3	2	1
6. I have a plan for where I am headed (i.e. business plan).	4	3	2	1
7. I have counted the costs (financial, emotional, time, etc.) it will take to accomplish my vision.	4	3	2	1
8. I have clear goals to guide and support my vision.	4	3	2	1
9. I am actively taking steps to make my vision a reality.	4	3	2	1
10. I am meeting or exceeding my goals.	4	3	2	1
11. I have milestones and a timeline to help me monitor my progress.	4	3	2	1
12. I am organized and feel in charge of my life.	4	3	2	1
13. I am learning and growing.	4	3	2	1
14. I feel challenged in what I am doing.	4	3	2	1
15. I have great habits.	4	3	2	1
16. I have a low stress level.	4	3	2	1
17. I am at the top of my game.	4	3	2	1
18. What I spend my time on is moving me forward to my vision.	4	3	2	1
19. The different parts of my life support my bigger vision/mission.	4	3	2	1
20. I have a strong support system to keep me moving toward my vision.	4	3	2	1

*\* add the total of the numbers you circled. See the back for your results.*

**0-31 points:** You are letting life determine your destiny. You may find yourself feeling like everyone else always gets the breaks and has all the luck. You hope you will get lucky one day. You may find vision and goal setting overwhelming or intimidating and therefore avoid it. There are things you want, but you are not sure if you are committed to working for them. You may fear having a vision and goals and therefore just go with the flow. Coaching can support you to accomplish more in your life and help you be more intentional about arriving where you want to go. Coaching will only work for you if you are open to change, want something different and are committed and willing to work for your goals.

**32-47 points:** You have great intentions and try to do "what you should" to be successful. You have heard what you need to do and see others being successful. You have an idea of what you should be doing but have a hard time doing it. You have a lot of distractions and things that come up. Reality is life is really controlling your day to day interactions. You have some ideas of how you would like it to be different but can't seem to get everything in place. Coaching could support you to redesign your life to change from "should" to "want". Also, as you redesign your habits, thinking and behavior you will find that you have more time and energy. This will open up space for you to dream and expand on a bigger vision and work to develop a long-term structure that will allow you to accomplish the things that will make you successful and fulfilled.

**48-64 points:** You are moving forward in life. You have some things in place and other things are not. This may or may not be important to you. You focus on what is important 'right now' and work towards making that happen. There are pieces in your life that could be more defined, which would help you accomplish more. You find that you may not always work the most efficiently and know you get pulled in different directions. You usually have a good handle on this and don't really have the time or energy to make life different. While you are moving forward, you may not be moving forward to your vision specifically. Coaching could support you to get clear on what you want for your life and design goals, systems and habits that will allow you to move that direction more efficiently and effectively.

**65-80 points:** You are a runner and success is important to you. You know the value of vision, goals and are daily moving towards those. You likely have experienced the joys of accomplishing goals in the past and know what works for you and what does not. You likely have strategies and habits already in place that support your drive to meet your objectives. Coaching could be a valuable asset to take you to the next level. You are like the professional athlete. You are already pretty good by yourself and adding a coach to your life is the same as the pro's having a coach: eyes to see what you are missing, challenge you to go to the next level, and someone to push your game to be even shaper. Coaching is amazing at this level; what would your life be like if you turned it up a notch?