



Today is your day!
Everyone is capable of
living their dream. All it
takes is **courage**,
determination, and
inspiration!

Ready, willing, and able to be coached?

Ready

- I have time to invest in myself. Y/N
- I can make and keep appointments with myself to work on this material. Y/N
- There is a gap between where I am and where I want to be. Y/N

Willing

- I am fully willing to do the work required to get me where I want to go. Y/N
- I am willing to stop or change the self-defeating behaviors that limit my success. Y/N
- I am willing to try new things even if I am not 100 percent convinced they will work. Y/N

Able

- Coaching is the appropriate discipline for the changes I want to make (rather than therapy or a twelve-step program). Y/N
- I have the patience to take consistent action toward my goals, regardless of how immediate the results are. Y/N
- I have the support I need to make significant changes with ease (i.e., family or company buy-in). Y/N

If you answered "N" (no) to two or more of these questions, you will need to make adjustments before the coaching can be effective.

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