



Life Transitions Christian Coaching

Life Transitions Christian Coaching Christian Client Coachability Index

Circle the number that most accurately represents how true the statement is for you right now. Next, score yourself using the key below. This assessment helps to determine how coachable you are right now.

Scoring Key:

Name: _____

- 1 - Not Like Me At All
- 2 - Sometimes
- 3 - Often
- 4 - Most Of The Time
- 5 - Very Like Me

I can be relied upon to be on time for all calls and appointments. _____

I am willing to be accountable to another person. _____

I am fully willing to do the work and let the coach do the coaching. _____

I am willing to eliminate or modify any self-defeating behaviors that may limit my success. _____

I am a self-starter and am willing to take the action necessary to achieve my goals. _____

I will speak truth to the coach. _____

I am willing to work with my coach in partnership. _____

I understand boundaries and actively set them in various ways in my life. _____

I understand that coaching is not counseling, consulting, or Mentoring. Coaching is an ongoing partnership that will help me Produce fulfilling results in my personal and professional lives. _____

My Christian values are my moral foundation. _____

I am open to talking about my dreams, visions, and goals. _____

I am not afraid to take risks. _____

I have prayed about my goals and believe God is directing me. _____

I am willing to consider new ideas, behaviors, and values. _____

I have goals I want to achieve that have not been reached. _____

Your Score: _____

30 or Less You may not be ready to work with a coach at this time, but your coach will most likely have specific recommendations that fit your individual needs for now. Ask your coach about a few exercises that will help you to further understand your own needs and how you may benefit from coaching in the future.

31 – 59 Coachable

60 – 75 Very coachable; tell the coach to ask a lot from you!

Copied for Christian Coaching Institute

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