

## Are You Ready to Succeed?

Coaching and counseling, like fitness training, are not things you can be forced to do. You have to want to commit to a discipline you construct for yourself.

There's no point in paying me, for example, if you defer your weekly sessions to whenever it's convenient, or if you don't want to follow up on the assignments you've given yourself.

I'm ready to help you help yourself. Are you ready to change your scripts and create the life you want?

### Test Your Coachability:

(Score yourself on a scale of 1 to 5, 1=strongly disagree, 5=strongly agree)

- I am not an idle observer of my life anymore. There is something I really want for myself.
- The time is right for me; I feel ready to accept support and guidance.
- I see coaching as providing a worthwhile return on my life's investments.
- I can be relied upon to be on time for all calls and appointments.
- I will make every effort to accomplish the tasks and goals we set for me.
- I am committed to do the work required to get results.
- I will keep my word in general.
- I am willing to try on new ideas & different ways of doing things.
- I accept that my commitment to myself may oblige me to leave my comfort zone.
- I will talk straight with Bonny.
- If I feel that I am not getting what I want or expect from her, I will ask for what I need.
- I can share successes and confidences with Bonny periodically through email & voice mail.

**Total Score**

### Score Your Readiness for Coaching Success:

- 40-55: I'm ready to succeed! I'll email Bonny now for a free coaching consultation.
- 30-39: I'm not quite sure. I have some more questions and will ask for information.
- 20-29: I really was just browsing, heh heh. But I'll make a note in my organizer to call Bonny when I'm ready and I'll pass along her contact info to someone who is ready now.
- 0-19: I don't know how I got to your site. I just wanted a new handbag. (See Coach.com).

**"There is a difference between interest and commitment. When you're interested in doing something, you do it only when circumstances permit. When you're committed to something, you accept no excuses, only results." Art Turock**

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