



C O A C H I N G R E A D I N E S S S E L F - A S S E S S M E N T

- 1) I am committed to keeping appointments with my coach.
 Yes No
- 2) I am committed to accomplishing the assignments my coach gives me each week.
 Yes No
- 3) I have a goal in mind that I want to achieve.
 Yes No
- 4) I am open to looking at new paths or approaches to achieving my goal(s).
 Yes No
- 5) I am willing to reevaluate or stop behaviors that are preventing me from achieving my goal(s).
 Yes No
- 6) I feel that coaching is the appropriate method for helping me to achieve my goals.
 Yes No
- 7) I feel that a coaching relationship is appropriate for helping me to reach the goal(s) I have in mind and understand that coaching is not therapy to overcome an emotional issue or help me heal from a past emotional injury.
 Yes No
- 8) I will work with my coach in a collaborative manner to help me achieve my goal(s).
 Yes No
- 9) I will maintain an honest relationship with my coach.
 Yes No
- 10) I will respect the time I spend with my coach and the time allotted for my assignments.
 Yes No
- 11) I will be open to suggestions and give honest feedback in my coaching sessions when difficult issues arise.
 Yes No
- 12) I am ready to make my coaching relationship a priority in my life and want to begin.
 Yes No

➤ **Please complete this form prior to contacting Michael Plahn at 312.265.0909.**