

Intake Questionnaire

Are you Ready, Willing and Able to be Coached?

<input type="radio"/> Ready		
• I have time to invest in myself.	yes	no
• I can make and keep appointments with myself to work on this material.	yes	no
• There is a gap between where I am and where I want to be.	yes	no

<input type="radio"/> Willing		
• I am fully willing to do the work required to get me where I want to go.	yes	no
• I am willing to stop or change the self-defeating behaviours that limit my success.	yes	no
• I am willing to try new things even if I am not 100% convinced they will work.	yes	no

<input type="radio"/> Able		
• Coaching is the appropriate discipline for the changes I want to make.	yes	no
• I have the patience to take consistent action towards my goals, regardless of how immediate the results are.	yes	no
• I have the support I need to make significant changes with ease (i.e family or corporate structure).	yes	no

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