

Intake Questionnaire

Are you Ready, Willing and Able to be Coached?

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|--|-----|----|
| <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