

Are you ready for coaching?

Is your challenge big enough?

1. I tend to **react** strongly to one or more of the following situations on a daily/weekly basis:
- Boss
 - Career
 - Colleague
 - Finances
 - Partner
 - Other

Do you value integrity?

2. Integrity is one of my **highest** values.
- I am ready to explore and discuss what is important to me.
 - I am willing to explore new concepts, frameworks, or reference points.
 - Personal and/or corporate evolution is very important to my well being.
 - I communicate my boundaries and values clearly, even under stress.
 - I protect my privacy rights at all times.
 - I know my top five values.
 - I actively strive for excellence in everything I do.
 - I am willing to experience anger, fear, or hurt.

Are you fearless?

3. I am willing to
- Admit that it's OK to be fearful
 - Risk the fear of rejection.
 - Experiment with new skills and behaviors
 - Create courage muscles
 - Proceed despite my fears
 - Do whatever it takes to get where I want to go.

Are you committed?

4. I am willing to
- Determine what success means to me
 - Consider myself my number one priority
 - Demonstrate continuous improvement
 - Develop extraordinary performance standards for myself
 - Take whatever action is necessary to reach my goals
 - Modify the coach's assignments
 - Create my own assignments.

Can you afford it?

5. I know that
- I have been gifted the necessary funds by my company.
 - I have adequate discretionary income.
 - I have an educational or discretionary budget for coaching fees for the next six-month period.
 - I can afford to meet my current health needs (e.g. chiropractor, dentist, massage therapist, nutritionist, naturopath, and physiotherapist).
 - I currently have a financial planner, lawyer, and accountant.
 - I will do my homework and find the coach that is best suited to my needs.
 - I can arrange for low-cost teleclasses, or group or pro bono coaching.
 - I do not currently need a debt counselor, psychiatrist, or psychologist.