

Coaching Discovery Form

Are you ready?

Is this the right time for a coach? Having a coach in your life can speed up the process of obtaining what you want and make the journey to getting it much smoother. Having a coach will support you in becoming clear on what you really want. To discover how a coach might help you, complete this Discovery Form. It will give you a strong base from which to explore if coaching will be useful at this stage of your life.

After you have filled out the form, set up a trial session with a coach and discuss what you discovered by completing this form. Even if you are not ready to hire a coach, this will give you an opportunity to explore the possibilities that are available to you right now.

Note: You may find some of these questions ask the same thing in a different way.

1. Rate yourself from one to ten in each of these life areas. Ten means it's perfect to me, and one means I need a lot of improvement in this area.

Health Relationship(s) Fun

Finances Career Fulfillment

Peace Family Other:

2. What is one thing you would like to achieve in the next six months that would make the biggest difference in your life?

3. If you could have more of one thing in your life, what would it be?

4. What are the top three things you are tolerating or putting up with in your life?

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5. How would your life be different if you no longer had the above tolerations?

6. To increase your enjoyment of life, what are the three key areas for you to focus on for your own personal development?

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7. Write down one thing you would like to have in your life but don't have a clue how to go about getting it.

8. Assuming all human beings have some way of sabotaging their life, or holding themselves back, what would be your favorite method?

(Circle your favorite, and write in any that are missing)

- Procrastination
- Indecisiveness
- Arrogance/The Need to be Right
- Not always telling the absolute truth
- Acting as the "Lone Ranger"
- Tolerating
- Not saying "No"
- Not saying "Yes"
- Controlling life/people
- Following secondary goals (*i.e. goals that won't ultimately make me happy*)
- Other:

9. What would be the most valuable thing you would get from working with a coach?

10. Are you ready to hire a coach? Circle yes or no.

- I am ready to do whatever it takes to reach my goals..... **Yes No**
- I am willing to listen to someone else's viewpoint..... **Yes No**
- I am willing to invest in myself **Yes No**
- I am willing to get out of my comfort zone and try new things **Yes No**
- I am willing to fully commit to make the changes I am seeking..... **Yes No**
- I am willing to commit to the process, knowing that change doesn't happen over night. **Yes No**
- I am willing to ask for support and accept the support I receive **Yes No**
- I am willing to stop tolerating **Yes No**
- I am ready to invest in myself **Yes No**
- I am ready to make my goals a top priority **Yes No**

*Give yourself one point for every **yes** you circled and 0 points for every **no**, and tally up your total number of points. If you scored:*

8-10 points.....You are ready to make the investment and hire a coach! Your commitment level is high and you will achieve a lot from working with a coach.

5-7 points.....You are almost there. During your trial session work with your coach on areas that are getting in your way and ask them to support you in removing those blocks so you can move forward and begin to create the changes you want.

0-4 points.....You are probably not ready to hire a coach. During your trial session ask the coach for ideas of what you could do to prepare yourself to begin the process of change.