



LIFE COACHING QUIZ!

IS COACHING RIGHT FOR YOU?

While Life Coaching is a fulfilling, amazing and rewarding career, it isn't right for everyone. Just as nursing and accounting require certain skills and aptitude – so does coaching – and not everyone will find coaching a fit for them. A coach is a guide and support, and many people would be better suited being a consultant or teacher.

The good thing is that humanity needs all of us – coaches, nurses, mechanics, parents, cooks, accountants, teachers, consultants, therapists and every other profession out there!

This questionnaire/quiz is designed to help you determine if coaching would be a good fit for you – and you a good fit for coaching – because these are different! For example, you may be good at it, but it may be more than you are ready for – having your own business!

Lastly, since no one but you will see your answers, go with the first most honest answer that comes to you. If you really judge quickly – just say so! There are no right or wrong answers – just a glimpse into yourself.

X your answer

YES NO

- | | | |
|---|-------|-------|
| 1. Do you think you would make a good life coach? | _____ | _____ |
| 2. Do people come to you for advice? | _____ | _____ |
| 3. Is it OK to make a mistake or be wrong? | _____ | _____ |

X your answer

YES NO

- | | | |
|---|-------|-------|
| 4. Do you believe you can do/are allowed to do what you love in life? | _____ | _____ |
| 5. Does our past define our future | _____ | _____ |
| 6. Are you able to let people talk when they need to while you just listen? | _____ | _____ |
| 7. Are you comfortable talking with people about, well....anything? | _____ | _____ |
| 8. Have you done a lot of work on yourself and are you fairly self-aware? | _____ | _____ |
| 9. Are able to s-t-r-e-t-c-h outside your comfort zone and try new things? | _____ | _____ |
| 10. Do you consider yourself a perfectionist? | _____ | _____ |
| 11. Are you curious about people and why they do what they do? | _____ | _____ |
| 12. Do you have a strong desire to support others? | _____ | _____ |
| 13. Is there value in allowing others to find their own wisdom? | _____ | _____ |
| 14. Have you learned skills that have helped you thrive/survive? | _____ | _____ |
| 15. Is it important that everyone like you? | _____ | _____ |
| 16. Do you enjoy celebrating the successes of others? | _____ | _____ |
| 17. Do you ask questions of others to explore what they're talking about? | _____ | _____ |
| 18. Do people tell you that you are a good listener? | _____ | _____ |
| 19. Are you slow to judge? | _____ | _____ |
| 20. Do you get really uncomfortable when people tell you about their shame, guilt or fear at things like addictions, sex, gambling, porn, jealousy, anger? | _____ | _____ |
| 21. Are you self-motivated to keep schedules, track expenses, take notes, do admin chores, work alone and take care of yourself? | _____ | _____ |
| 22. Do you understand that coaching is a business and you have to work to make it work – just like starting a restaurant, massage practice or any other business? | _____ | _____ |

X your answer

YES NO

- | | | |
|---|-------|-------|
| 23. Can you put aside any personal/religious/spiritual/political/gender values so you can work with others that have different values than you? | _____ | _____ |
| 24. Do you rely on your intuition/gut feelings when your head doesn't know an answer or is confused? | _____ | _____ |
| 25. Do people doing or saying stupid things get you angry or impatient? | _____ | _____ |
| 26. Are you able to listen thoroughly before fixing, advising, judging and leaving others? | _____ | _____ |
| 27. Does being your own boss sound good to you? | _____ | _____ |
| 28. Do you think every human being has potential and gifts? | _____ | _____ |
| 29. Are you willing to step up, be seen and perhaps create e-books, info pieces, trainings, etc. to get yourself 'out there' in the public's eye? | _____ | _____ |
| 30. Do you usually know and share what's right and the best way to get to the best solution? | _____ | _____ |
| 31. Can you handle conflict and high emotions easily - after you take a breath? | _____ | _____ |
| 32. Can you listen more than you talk? | _____ | _____ |
| 33. Are there areas that you are confident in? | _____ | _____ |
| 34. Do you believe that everyone can change? | _____ | _____ |
| 35. Do you feel a need to teach people, especially those that seem lost? | _____ | _____ |

Now, look through your answers and total each column.

Total Yes Answers: _____

Total No Answers: _____

The next page gives you all the steps to checking your score!

Total Your Answers:

‘Yes’ is ultimately the right answer – **EXCEPT** for the seven ‘trick’ questions = 5, 10, 15, 20, 25, 30, 35 - where a yes or no answer switches to its opposite, or ‘trades’ sides.

Now to compute your score:

1st – Enter the total of all your ‘yes’ answers to the 35 questions above here: _____

2nd - For questions 5, 10, 15, 20, 25, 30, 35 – total up all of your ‘no’ answers here: + _____
Yippee! More right answers since these ‘no’ answers switch to a ‘yes’ answer!

Now, **ADD** this ‘no’ score to your ‘yes’ score for a **new ‘yes’ total** here: _____

3rd – For questions 5, 10, 15, 20, 25, 30, 35 – total up all of your ‘yes’ answers here: - _____

Now, **SUBTRACT** these yes answers (they switch to a ‘no’) from your new ‘yes’ total =
This is your Total ‘Yes’ Score: _____

Remember, we’re only interested in your total number of ‘yes’ answers (with the 7 exceptions that ‘traded sides’ - added in or taken out):

Scoring Results:

If you scored a perfect 35 – You’ve found your destiny! You are a natural at this because you have the patience, commitment, perseverance, insight and passion of an outstanding coach! Sign up today for a coach training program and get moving! Woo Hoo!

If you scored 30-35. Yes! You are a natural and your destiny awaits! You can do this! You have the temperament, insight and skills it takes to be an amazing coach. Do it! You will be amazing!

If you scored 26 – 30. Seriously consider coaching because you are in a perfect place to expand your skills – you have most of what a coach needs, and training will round you out. You can do this!

If you scored 20-25. You have a lot of the skills needed and so can consider a career in coaching. Coach training will support the areas that may need fine tuning. So, you probably have what it takes. Take a look at the questions that dropped your score for clues on areas you could make improvement.

If you scored 11-20. Coaching could be in your future if your desire is strong enough. If you work on your skills by reading, trainings and self-awareness courses to help you understand your beliefs and judgments more clearly – these would prepare you for a coaching career in the future.

If you scored 0-10. Coaching is probably not the best fit for you. Clients are likely to drive you crazy and who wants to go through that? Could you still learn to do it? At some point - yes! With a deep drive to succeed and a willingness to develop your skills through as many books and trainings as you can manage – then, of course you can. Focus on self-awareness, communication and acceptance skills – but do your personal work first, before you pay for a certification program.

It takes a wide range of skills, attributes and qualities to be a successful coach that client's return to and recommend. Some of them include:

Listening Deeply	Being Non-Judgmental	Caring/Compassion
Asking Really Great Questions	Patience	Honesty
Not Taking Things Personally	Tracking/Note Taking	Accountability
Not Making Assumptions	Flexibility	Time Management
Creating a Safe Space	Reliability	Business Skills

And yes, all of these skills can be learned! If you scored low on this questionnaire, look at the questions that lowered your score and then find books, DVD's, videos and training programs on those areas (and these topics above) to expand/improve your skills – then take this quiz again and see if your score changes. Good coach training programs provide training in these areas, too, so check that they include these when you're ready to become certified.

Again, Life Coaching is an amazing, fulfilling and rewarding career. The world needs all of us, and we really can change the world - one person or group at a time – through coaching!