



## Are You Ready to Benefit From A Life Coach?

### Your Coaching Readiness Assessment

A Life Coach will enable you to achieve the life you deserve. But going for coaching because everyone else is not the right reason to go for one. You should be at a place in life to accept coaching and utilize the benefit of coaching to its fullest potential.

Take this assessment to find out whether life coaching can be a good idea to invest in at this point of time, and if you are ready to be coached.

For each statement below, rate all the items below on a scale of 1-5 as it best describes you currently as you are, 1 being Not At All and 5 being Very Often. Please choose one number and do not right a decimal such as 3.5.

← 1 (Not At All) ————— 5 (Very Often) →

#### Statement

#### Response

1.	I have ideas like I would like to turn into achievable goals.	
2.	I am looking for change but not exactly sure how to make that change.	
3.	I feel overwhelmed by all the goals I want to achieve	
4.	I think having someone to talk to about my ideas, dreams and goals would be helpful.	
5.	I feel someone whom I can be accountable to will keep me focused towards my goals.	
6.	I just wish I have a helping hand to take me to the next step.	
7.	I have gotten to a stage in life where the old ways of doing things is no longer serving me.	

8.	There is a lot that I want to do but I am not sure where to start.	
9.	I want to clear my mind of all my past baggage and focus on what I want for the future.	
10.	I work better when I get direction and constructive feedback from someone.	
11.	I am ready and willing to do the work necessary to achieve my ambitions.	
12.	I am open to consider new perspectives and ideas for various aspects of my life.	
13.	If someone were to ask me when I would like to make significant changes in my life to achieve what I want, I would respond “right now,” instead of “soon,” “later” or “next month.”	
14.	I have a strong desire to make my life more focused, simple, clear or satisfying.	
15.	I am ready to dedicate the time, energy and finances to make real changes in my life that lasts for a long time.	
16.	I can commit being on time and prepared for my coaching sessions even if I have a lot of other events happening on in my life.	
17.	I have attempted to make changes or embark on the process of meeting my largest goals on my own, but have not been entirely successful.	
18.	I am eager to have a professional serve as my partner to support my growth and development process.	
19.	I am willing to modify or eliminate the self-defeating behaviours that limit my success	
20.	I realise that coaching is an investment in my future, and I will give it the priority it deserves in my life.	

Add up the scores in each of the rows to determine your Total Score for Coaching Readiness.

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## Score Key

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**From 20-45:** You Are Not Ready to Benefit from Coaching at This Time.

While you may be curious about receiving life coaching but you have not yet firmly decided to take active action towards your goal. Or you may also be someone who is not naturally goal oriented or who is not naturally curious about yourself and your potential. You may take this assessment again once you have resolved to take clear decision and actively partner with someone in receiving support. Committing to life coaching now will be an investment that will provide you minimal returns given your state of passivity.

**From 46-70:** Coaching will benefit you, but Something is Holding You Back from Fully Committing to the Process.

You recognize that change is necessary in your life but you don't yet feel fully ready to move ahead—some fear or apprehension is holding you back. It may be that you are not completely familiar with coaching or know exactly how it works. I recommend that you do some research about life coaching by speaking to coaches and people who have been coached. It would be a good idea to start with a free sample session from prospective Life Coaches before selecting your final coach. You can benefit a lot from coaching, provided you are willing to trust the process.

**71 or Above:** You Are Ready to Benefit from Coaching at This Time.

You recognize that you want change now and are ready to work toward changing the patterns of your life that no longer serve you while reaching for goals and objectives that will enhance your life. Your ability to stay focused on taking specific action steps to help yourself meet your goals is likely to help you gain a great deal from the coaching process. Your high motivation levels make it an ideal time for you to receive support from a professional life coach to help you make the changes required to establish new patterns that will serve you and help you ultimately reach your goals and design your life the way you really want it to be.



## About Smita D Jain

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Smita Das Jain, is a certified Personal Empowerment Life Coach, Executive Coach and Neurolinguistic Practitioner, empowering busy professionals like you to create a career they love and find time for all that they like so that they live the life they choose.

An SRCC and IIM Indore Alumna with 14+ years of corporate journey advising Indian and Global clients in their business strategies and transformation, Smita knows that you need more than strategies to succeed. Through her 'Empower Yourself' Life Coaching Programs, Smita has empowered numerous individuals get better at what they do and live the life of their dreams.

Smita is a speaker on various platforms, corporate conferences and OTT channels. She was amongst the Top 10 trending expert speakers at SpeakIn in 2021 and appeared in the expert speaker panel of Credent TV. Smita has also been featured in leading newspapers like '*The Pioneer*' and '*The Daily Guardian*' and digital magazines like '*Authority*' and '*Brilliant Read*'.

You can book a Complimentary Strategy Session with Smita at <https://www.lifecoachsmritadjain.com/bookings>. For a Free Subscription to Empower Yourself Newsletter, visit <https://www.lifecoachsmritadjain.com/>