



Daybreak Solutions
Personal Life Coaching
Accomplish goals and realize dreams

30-minute Free Consultation Questionnaire

Are you *ready* to be coached?

These questions will help you assess your readiness for a coaching relationship.

1. I have goals and dreams which I am determined to work on or achieve.
Yes No
2. I am willing to try new approaches to help me achieve my goals.
Yes No
3. I am willing to stop or change behaviors that are holding me back.
Yes No
4. I believe that coaching is the appropriate approach to reaching my goals, as opposed to therapy, consulting, mentoring, or direct teaching.
Yes No
5. I will work collaboratively with my coach to design goals and actions steps to move forward.
Yes No
6. I will keep my coaching call appointments.
Yes No
7. I will take regular action steps and complete my coaching homework to help achieve my goals even if I don't see immediate results.
Yes No
8. I will be open with my coach about what I like or don't like about how the coaching is going.
Yes No