

## ***Is COACHING FOR YOU?***

***“Our chief want in life is somebody who will make us do what we can.”***  
Ralph Waldo Emerson

Please take a few moments to determine how ready you are to be the best you can be and to reap the rewards of doing so. Rate the following statements on a 1-10 scale. (If inapplicable, score the item a 5.)

|                  |   |   |                |   |   |   |               |   |    |
|------------------|---|---|----------------|---|---|---|---------------|---|----|
| 1                | 2 | 3 | 4              | 5 | 6 | 7 | 8             | 9 | 10 |
| Not At All Agree |   |   | Somewhat Agree |   |   |   | Totally Agree |   |    |

### **iPEC COACHING TEST\***

### **SCORE**

- I am ready to crystallize and take action to achieve my goals \_\_\_\_\_
- I am ready to work more effectively and gain greater recognition/compensation \_\_\_\_\_
- I am ready to improve my business and personal relationships \_\_\_\_\_
- I am ready to create more balance in my life \_\_\_\_\_
- I am ready to make real and positive changes in my life \_\_\_\_\_
- I am ready and willing to overcome self-limiting behavior \_\_\_\_\_
- I am ready to achieve a greater sense of power and fulfillment at work and in life \_\_\_\_\_
- I am ready for more fun and enjoyment in my life \_\_\_\_\_
- I can benefit from someone who partners with me to stay focused and on track \_\_\_\_\_

**TOTAL** \_\_\_\_\_

### **EVALUATE YOUR SCORE**

- **Over 60 >** You are ready for a coach right now! You clearly will take the actions necessary to transform your professional and personal life and live your future vision today.
- **31 to 60 >** Coaching can assist you in viewing your professional and personal endeavors to date from multiple, unexpected and productive perspectives. It then can facilitate the crystallization of your future vision and the development of a goal-based plan to bring this vision into reality today. If you elect to take this road, you will need to steadfastly commit to taking the strategically-focused actions necessary to achieve your goals.
- **Under 30 >** Coaching is not for you right now.

### **TAKE THE NEXT STEP**

- Contact Sarita for an introductory coaching session to find out what coaching can do for you.

***Success comes when you change wanting into doing!***

**SARITA FELDER & ASSOCIATES, LLC**  
**BREAKTHROUGH THINKING • FOCUSED ACTION • BUSINESS RESULTS**

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