



COACHING ASSESSMENT

ARE YOU TEACHABLE?

All the good advice or coaching in the world won't help if you don't have a teachable spirit. To truly know if you are really open to fresh ideas and new ways to doing things, is to honestly answer these 10 questions with a **YES** or **NO**:

	YES	NO
1. Are you open to other people's ideas?		
2. Do you listen more than you speak?		
3. Are you open to changing your opinion based on new information?		
4. Do you admit when you are wrong or make a mistake?		
5. Do you observe before acting on a situation?		
6. Are you willing to expose your inexperience if you are not sure about something?		
7. Are you willing to ask for direction if you need guidance?		
8. Are you open to doing things in a way you have not tried before?		
9. Do you learn more about yourself when given constructive feedback?		
10. Do you listen openly for facts when there is disagreement?		

If you answered NO to one or more of these questions, you have room to grow in the area of teachability. First, look at your attitude; then learn more about your humility. Being positive and open are the first steps towards improvement.