

Is Coaching Right for Me Right Now?: Self-Assessment Quiz



Instructions:

Take this short self-assessment to reflect on whether coaching could help you right now.

Check all statements that feel true for you.

Statement

Section 1: Where I'm at right now...

I feel stuck or unsure about a decision or direction

I often overthink things but struggle to take action

I'm facing a challenge that feels overwhelming or hard to navigate alone

I keep going in circles with the same problem or thought pattern

I want to make a change but I'm not sure where to start

Section 2: What I want more of...

Clarity about what I really want

Confidence in making decisions

Space to think things through with someone who listens without judgment

Support to set meaningful goals and stay accountable

New perspectives on a challenge I'm facing

Scoring

If you checked 3 or more boxes, coaching could be a great next step for you.

Visit my website to book a FREE Discovery Call.