



Are you ready for ADHD Coaching?

Start by selecting the number that comes closest to representing how true the statement is for you right now. Then, check your coaching readiness score.

	1=NO and 5=YES				
1. I have goals to strive for and I'm ready and eager to tackle them	1	2	3	4	5
2. I could use an honest, outside perspective. I can handle honest feedback.	1	2	3	4	5
3. I need some additional support in reaching my goals. I am ready to look at things differently and learn new skills and habits.	1	2	3	4	5
4. I will do the things I say I will do. If something is difficult for me, I will discuss this with my coach so that we can work around it.	1	2	3	4	5
5. I could use someone to help me focus, challenge me, and hold me accountable to my commitments.	1	2	3	4	5
6. I will be open and truthful with my coach.	1	2	3	4	5
7. My work and personal life are out of balance and I don't like the consequences.	1	2	3	4	5
8. I'm willing to make changes to have the life I want.	1	2	3	4	5
9. I will honestly commit to the time needed for appointments and can be relied upon to be on time and ready for all of my appointments.	1	2	3	4	5
10. I understand that achieving goals takes time; Rome was not built in one day. I am willing to invest all of the time required to achieve my goals.	1	2	3	4	5
11. I am flexible and willing to look at things differently and learn new skills and habits.	1	2	3	4	5
12. I am fully willing to do the work required and understand that the success of coaching is up to me.	1	2	3	4	5
Add up the total of all of your scores and enter it here →					

Scoring

48 – 60 Very ready, ask the coach to ask a lot from you!

36 – 47 Ready for coaching.

24 – 35 Ready, but make sure the ground rules are honored!

12 – 23 This may not be right time for you to be coached.

Are you ready for coaching?

Get started by completing the [Sign Up form](#) or give Denise, our Coach Match Maker, a call (**1-888-718-8886**) to get your questions answered.

P.S. Don't worry, if the [sign up form](#) looks intimidating or asks you questions you aren't ready to answer. We ask you questions because we want to find out as much as we can about your specific needs. Many people with ADHD, for example, have other issues they need addressed – like dyslexia, anxiety or depression. The more information you provide us about your specific background and needs, the better we'll be able to match you with a coach that meets your needs. **Don't worry, all the information you provide to us is confidential and won't be shared with anyone without your permission.**

Thanks to Edge ADHD Coach, Ann Imrie-Howlett, for developing this fantastic tool!

Edge Foundation provides ADHD Coaches for high school and college students. info@edgefoundation.org