

# Peak Performance Preparedness Assessment

This simple assessment can help determine ready you are for peak performance coaching.

Using the system below, please rate your responses to ten questions by circling the answer which most closely represents your feelings.

	<b>Peak Performance Preparedness Assessment</b>	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	I want to earn more money, spend less time working, and/or be at the top of my field.	1	2	3	4	5
2	I am concerned that my current lack of success may force me to switch professions.	1	2	3	4	5
3	I want to be challenged to achieve more.	1	2	3	4	5
4	I feel there is something missing in either my personal or professional life.	1	2	3	4	5
5	I embrace change.	1	2	3	4	5
6	I am not afraid of success.	1	2	3	4	5
7	I am comfortable exploring my behaviors and the reasons for them.	1	2	3	4	5
8	I want to increase the consistency in my efforts and my results.	1	2	3	4	5
9	I have not yet reached my potential.	1	2	3	4	5
10	I am open to new ideas and concepts, even if they are initially uncomfortable to me.	1	2	3	4	5

After calculating the total point value based on your answers above, refer to the information on the following page to determine your level of preparedness for peak performance coaching.

*Marketing Systems • Business Tools • Innovative Training*

(360) 527-8904 [www.THELONESGROUP.com](http://www.THELONESGROUP.com)  
2200 CORNWALL AVENUE, BELLINGHAM, WA 98225



**SCORE: 41-50 | Preparedness: Optimal**

You exhibit many elements of the peak performance mindset, and are highly motivated to move into peak performance. You are committed and enthusiastic about changing the direction of your business and/or life.

**SCORE: 31-40 | Preparedness: High**

Peak performance coaching is a natural next step for you. Your scores exhibit a level of comfort with the coaching process, and a desire to move toward the path of peak performance.

**SCORE: 21-30 | Preparedness: Moderate**

You are sufficiently prepared to begin coaching. If your score was below 25, you may benefit from a more detailed analysis of the factor(s) on which you “strongly disagreed” or “disagreed” prior to beginning coaching.

**SCORE: 10-20 | Preparedness: Low**

You may be somewhat resistant to coaching. This may be the result of a bad coaching experience, either personal or professional, in your past. A one-on-one discussion with a coach is suggested to help you evaluate whether coaching would be of benefit, and to determine how you could maximize the experience.

---

*Marketing Systems • Business Tools • Innovative Training*

**(360) 527-8904** [www.THELONESGROUP.com](http://www.THELONESGROUP.com)  
2200 CORNWALL AVENUE, BELLINGHAM, WA 98225

