



“Learn new ways to experience abundance”

**Here are the four key conditions you will want met before you engage a life coach.**

## **1. You have at least one goal that is best achieved through life coaching.**

The reason you hire a life coach is to achieve your coachable goals. You need at least one ["Coachable Goal"](#) for your life coach to assist you to accomplish. But, what is a ["Coachable Goal?"](#)

**A ["Coachable Goal"](#) is a future place you want to be as a person that requires you to grow or improve as a person to reach it.**

### **I. Your Coachable Goal is a Future Place**

As you can see, your goal is a FUTURE PLACE YOU WANT TO BE. This means you have chosen to move your life to a different place than where you are today. **You always focus on where you want to go, not where you are leaving.**

### **II. You will become a Better Person**

You will also become a BETTER PERSON in order to reach the new place of your Coachable Goal. You will uncover the mystery of YOU. You will learn what really makes you tick, what your inner motivations, passions, desires, and priorities are. You will uncover your true beliefs and values. You will also discover what you do not want to do.

### **III. You will Prosper and Thrive**

Your Coachable Goal will allow you to prosper because you will enjoy doing what you love to do, avoid what you dislike to do, and you will allowed to be the person you really are. **You will thrive by being your true self.**

## **2. You are ready to participate in the life coaching process.**

Your readiness level is a state of mind and an attitude. You have total control over your degree of readiness.

**Being ready is something only you control. You cannot be forced, sold, or tricked into being ready. Being ready is a timing thing. You will be ready when you are ready. If you are not ready, your coach will encourage you to wait until you are.**

Answering the following four questions will provide you an excellent indicator of your degree of readiness.

## **I. How committed are you to achieving your "Coachable Goals?"**

Normally people select "Coachable Goals" that are the extremely important to them; otherwise they would not have sought help. You will reach your goal much faster and more completely if you are fully committed to achieving it.

## **II. How willing are you to accept new perspectives about you?**

One of the key powers of coaching is that your coach will provide you with an objective, nonjudgmental, non critical, non biased, truth seeking and supportive view of you. Just like you must look into a mirror to see what your face looks like, because of the position of your eyes, you need a mirror to really see your own passions, desires, priorities, values, talents, and your self imposed obstacles to your goals.

Your life coach will be your personal mirror to provide an objective view (your reflection) of who you are, what you want, and what you do to obstruct your progress, so you become "The Worlds Leading Expert on You."

## **III. How willing are you to invest money in you?**

YOU ARE the most important asset you will ever have! Hiring a coach is one of the greatest ways to invest in YOU. Why? Because you will improve and grow as a person through coaching. You as a person are more important than your house, your car, your company, your stocks, or your bonds.

Even though you may consider the costs of life coaching to be an expense for tax purposes, it is a true investment, where you should expect to receive more out of it than you invested. As you grow 10%, 20% 50%, everything around you improves 100%, 200%, and 500%.

## **IV. How willing are you to take action?**

Coaching is a very action oriented process. You and your coach will discover the action steps that will take you to your goals. You will perform almost all of the steps yourself. You will want to be ready to execute the steps (one at a time) to achieve your goals.

### **3. You are matched with the life coach who is best suited (ideal) for you.**

Coaching is a very personal process and not just any coach will do for you. You want to engage a partner coach whom you personally connect with extremely well. You will want to have a strong mutual trust and strong mutual respect with your coach, and you want to feel and know that your coach focuses all of her or his efforts and energies on you and your goals.

The best way to discover which coaches will be best for you is to participate in real coaching sessions with, at least three coaches. Ideally, you will want the coaching sessions to be free of any sales activity or interviewing, so that you will experience the true coaching style and methods of the coaches.

### **4. Your life coach has considerable experience and excellent coaching character.**

You want your coach to have years of experience at coaching people just like you to achieve the same results you are seeking. You want your coach to also have superb coaching credentials, like complete trustworthiness, excellent training, and the special "Gift of Coaching." You also want your coaches to be excited to coach YOU because they have chosen you as their ideal client, before you arrived. This way they have the confidence, savvy and strong motivation to assist you to reach your goals quicker and more completely.

From: The Coaching Connection: <http://www.findyourcoach.com/life-coachkeys.htm>