

5. I believe that the answers are within me. I want to recognize them, and bring them up to the surface.	
6. I feel unfulfilled in one of more areas of my life. I am open to exploring the ways to address my challenges so that I can enjoy a greater sense of overall happiness.	
7. I would like to become more focused and clear on my goals and the process of attaining them.	
8. There are things that I wish to accomplish and I want to begin the process of achieving goals without any further delay.	
9. I know that I have the power to make changes. I am willing to explore what I need to do, and then start moving in the direction of my choosing.	
10. If someone asks you when you want change to occur, you respond by saying 'right now', instead of 'later' or 'sometime in the future'.	
11. I am willing to the take actions that will move me forward and I understand that it is my own responsibility, and choice, to create the life that I desire.	
12. I desire more focus and clarity in my life and/or in my podcast. I wish to achieve clarity and satisfaction.	
13. If I am to receive constructive criticism, I would be open and consider what was said. I am willing to reflect, seek feedback from others, and take action.	
14. I would like to have someone help me understand what-is and	

what-is-not working, where I can improve my skills, ways I can increase my sense of overall happiness, and how I can create and/or achieve all of my goals.	
15. I do not have a diagnoses of any psychological or personality disorder and I understand that a Coach is not a Psychologist, nor a Counselor.	
16. I am someone who is, or desires to be, future oriented in the personal and professional areas of my life, rather than being a person who lives and dwells in the past.	
17. I can make a commitment to the coaching relationship by being on time for coaching sessions and by completing any homework that the coach may assign in advance of future sessions.	
18. I understand that coaching is a financial investment and I am ready to invest in myself and my growth as a person, and as a successful Podcaster.	
19. I understand that a coach will be a part of my support team and he will help me recognize solutions, my strengths, and opportunities for growth in a co-creative relationship.	
20. I also understand that the coach will not tell me what to do or do anything for me. The coach will not act as a consultant offering advice, unless I directly ask him to share specific technical knowledge and information related to podcasting that is unbeknownst to me.	
21. I am excited and energized with the thought of a professional supporting my goals, dreams, and desires.	

Please add up your score and email the results to alex@podcasterscoach.com. I will respond, with the SCOREKEY of the assessment, within 24 hours.