

R U Coachable?

By Ed Hirsch

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If everything was perfect in your business and life, why would you be taking the time to read this article?

Even though people may need the help in a respective area, many will not take the notes, ask the questions, listen to the calls and move their business forward when the opportunity to do so is available ... human nature.

Let yourself be helped!

Tiger Woods has a coach.

Michael Jordan had three coaches.

Jack Nicholas received a lifetime achievement award from ESPN and thanked his mother, father and his Coach ... this is the greatest champion in Golf.

When you are in a fortunate place and have people behind you that are absolutely committed to your success, let yourself be helped.

Being coachable is the sign of greatness, not weakness. All great peak performers and achievers will share with you the people who have helped them along the way.

Next time you are in a coaching session with someone who is willing to help you, do this ... ask, "On a scale of 1 to 10, how Coachable would you say I am?" If you come out with a low score, see if you can do something about it. This is a powerful insight to say, "How can I get to the next level?"

The next time you are thinking about Coaching, try this ... Think of the dumbest thing you have ever done in your life, think about it, write it down. Then ask yourself, "You know, My Best thinking got me there." The best you can come up with by yourself caused you to fail!

Be aware that you will always need help, that you are always capable of making that same kind of silly decision that came kind of like a leap in your reasoning. Make sure that you always check, that you are always open, and be available to ask, "Am I out to lunch on this?" or "Am I right on track here?"

Be Coachable!

Contributed by Ed Hirsch

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