

# 20 WAYS TO BE COACHABLE

1. **Practice Self-Awareness** (Know your strengths and shortcomings. Don't be susceptible to your blind spots.)
2. **Be Open to Constructive Criticism** (Don't let your ego keep you from hearing what you may not want to hear.)
3. **Don't Take Criticism Personally** (Think about *why* it's said and not *how* it's said.)
4. **Crave Feedback** (Purposefully solicit wide-ranging assessments.)
5. **Have a Desire to Please and Exceed Expectations** (Find out what is desired from you and not just by you.)
6. **Want to Be Held Accountable** (Don't get defensive or make excuses for falling short of expectations.)
7. **Be Willing to Abandon Your Comfort Zone** (Personal growth happens beyond the confines of personal comfort.)
8. **Exercise Humility** (Value others' opinions without indulging in self-righteousness.)
9. **Listen with Your Ears and Your Eyes** (Look speakers in the eye when they're talking.)
10. **Listen with Intent** (Digest the meaning of what is said before responding.)
11. **Affirm Instructions** (Nod your head and let the speaker know you understand what you're being told.)
12. **Provide Feedback** (Give your "coach" insights into what you're experiencing so that they can best help you.)
13. **Adopt an Unwavering Commitment** (Be "all in" and fully devoted to getting better.)
14. **Be Keen to Try New Approaches** (What worked in the past might not work in the future.)
15. **Apply the Instructions You've Been Given** (Don't only accept the feedback, apply it.)
16. **Practice Positive Body Language** (No eye rolling! No slouching shoulders! No shaking heads!)
17. **Be Process Driven** (Work independently without modifying or skipping steps.)
18. **Squelch Arrogant Tendencies** (Accept that your way may not be the best way.)
19. **Have Long-Term Vision** (Be easy to please, but hard to satisfy by staying focused on long-term goals instead of short-term gains.)
20. **Be Grateful** (Appreciate that someone cares enough about you to share their observations and suggestions.)