

Developing (1 point)	Advancing (2 points)	Achieving (3 points)	<b>Recovery Coach Academy Readiness Scale:</b>
			I maintain a healthy lifestyle and prioritize wellness.
			I engage in activities, groups, and ...in my community
			I have a support network of individuals who help me.
			I have safe and secure housing and the ability to meet my basic needs (transportation, food, clothing, etc.)
			I utilize the resources available to me to overcome challenges.
			I am respectful and compassionate to others; even those who may have different opinions or worldviews as me.
			I respect others' pathways of recovery, choices, and backgrounds.
			I am honest with myself and others when I need help.
			I practice integrity, honesty, and open-mindedness.
			I strive to learn and grow through education, stories, practice, and lessons from others.
			I understand that I am an ambassador of recovery, meaning I represent how others see that recovery is possible, inclusive, and compassionate.
			I strive to be a leader and/or supporter of my community's wellness, safety, and growth.
			I prioritize myself, my self-care, and my responsibilities.
			I understand the unique role of a Recovery Coach.
			I have worked with or had a Recovery Coach.
			I am open to collaboration, positive feedback, constructive criticism, and have a willingness to respect others' guidance.
			I set a positive example by not using illegal substances, abusing alcohol, or engaging in harmful activities or unlawful behavior.
			I have safe and secure housing and the ability to meet my basic needs (transportation, food, clothing, etc.)
			Total Points

*Your self-assessment results are a valuable tool to help you gauge your readiness to become a Recovery Coach. If your score suggests areas for improvement, you might find it beneficial to work with a Recovery Coach to strengthen your own recovery journey. This approach ensures that your personal needs are fully supported, setting a strong foundation before you begin training to assist others.*

**19 – 31 points:** *Early Stages/ Needs Improvement*

**32 – 44 points:** *Making Progress/ On the Right Track*

**45 – 57 points:** *Fully Prepared/ Ready For Action*

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