

# Clean Sweep Program



You have more natural energy when you are clear with your environment, health, relationships & money.

The **Clean Sweep** Program consists of 100 items which, when completed, give you the vitality and strength you want.

The program can be completed in less than one year.

**Instructions**

There are 4 steps to completing the **Clean Sweep™ Program**.

**Step 1: Answer each question.** If true, check the circle. Be rigorous; be a hard grader. If the statement is sometimes or usually true please DO NOT check the box until the statement is virtually always true for you. (No "credit" until it is really true!) If the statement does not apply to you, check the box. If the statement will never be true for you, check the box. (You get "credit" for it because it does not apply or will never happen.) And, you may change any statement to fit your situation better.

**Step 2: Summarize each section.** Add up the number of True boxes for each of the 4 sections and write those amounts where indicated. Then add up all four sections and write the current total in the box on the front of this form.

**Step 3: Color in the Progress Chart on the front page.** Always start from the bottom up. The goal is to have the entire chart filled in. In the meantime, you will have a current picture of how you are doing in each of the four areas.

**Step 4: Keep playing until all boxes are filled in.** You can do it! This process may take 30 or 360 days, but you can achieve a Clean Sweep! Use your coach or a friend to assist you. And check back once a year for maintenance.

**Progress Chart**

Date	Points (+/-)	Score

**CLEAN SWEEP PROGRAM**

**100-POINT CHECKLIST**

Sections				
#	A	B	C	D
25				
24				
23				
22				
21				
20				
19				
18				
17				
16				
15				
14				
13				
12				
11				
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				

Give yourself credit as you get points from the 100-point program. Fill in columns from the bottom up.

## A. Physical Environment

- I live in a home/apartment that I love.
- I live in the geographic area I choose.
- I live in a neighborhood that is safe and does not cause any stress.
- People feel comfortable in my home.
- I am not tolerating anything about my home or work environment.
- The place I live has an area where I can go to have peace, read, work on personal productivity or inspiration.
- The place I live has an area where I can go to be entertained and have fun. (TV / music area; games)
- I surround myself with music / art / hobbies which makes my life more enjoyable.
- I have nothing around the house or in storage that I do not need.
- My plants and animals are healthy. (Fed, watered, getting light, etc.)
- I drink clean, healthy water. I recycle and am "Green" conscious.
- I protect the environment (use non-ozone-depleting products, conserve energy, drive a high-mileage car, etc.).
- My bed/bedroom lets me have the best sleep possible. (Firm bed, light, air)
- My clothes are all pressed, clean and make me look great. (No wrinkles, baskets of laundry, ill-fitting clothes)
- My home is neat and clean. (Vacuumed, closets clean, desks and tables clear; windows clean)
- My car is in excellent condition. (Doesn't need mechanical work, repairs, cleaning or replacing)
- My appliances, machinery and equipment work well. (Refrigerator, toaster, snow-blower, water heater, toys)
- My home support structures are in good working order. (Heating, plumbing, air conditioning)
- My personal files, papers and receipts are scanned or neatly filed away,
- My office is clean and organized. (Desk, file cabinets, bookshelves)
- My work environment is productive and inspiring. (Synergistic, ample tools and resources; no undue pressure)
- My computer is 100% effective (enough memory / speed / etc.) and the software supports my life and work.
- My computers and files system is backed up in case of emergency.
- I effectively use the web / internet and do not waste time with email and searches.
- I consistently have adequate time, space and freedom in my life.

\_\_\_\_\_ **Number of circles checked (25 max)**

## B. Well-Being

- I take care of me every day.
- I am conscious of my use of caffeine and I am within healthy limits
- I am conscious of my use of sugar and I am within healthy limits
- I am conscious of my television viewing habits, and I am within healthy limits
- I am conscious of my use of alcohol and I am within healthy limits
- I am conscious of my use of tobacco and I am within healthy limits
- My weight is within my ideal range.
- I have no habits which I find to be unacceptable.
- My teeth and gums are healthy. (I floss daily; brush regularly; have seen dentist in last 6 months)
- My cholesterol count & blood pressure is healthful.
- I have had a complete physical exam, hearing exam, and eye exam in the past 3 years.
- I walk or exercise at least three times per week.
- I have been tested for the AIDS antibody.
- I do not use illegal drugs or misuse prescribed medications.
- My nails, skin, and hair are healthy and look good.
- I don't rush or use adrenaline to get the job done.
- I am aware of any physical or emotional challenges or conditions I have, and I am attending to them.
- I consistently take evenings, weekends and holidays off and I take at least two weeks of vacation each year.
  - I rarely miss work due to illness.
- My life and work are in balance.
- I have a resource to generate peacefulness. (Spirituality / religion/ meditation / etc.)
- I have something to look forward to virtually every day.
- I have a rewarding life beyond my work or profession.
- I celebrate when good things happen in my life or my work.
- I have fun on a regular basis.

\_\_\_\_\_ **Number of circles checked (25 max)**

## C. Money

- I like my work.
- I do not worry about money.
- My income source/revenue base is stable and predictable.
- My earnings are commensurate with the effort I put into my job.
- I am on a planned career path. I am satisfied with my progress and / or am taking steps to stay on my plan.
- I know how much I must have to be financially independent and I have a plan to get there.
- I currently live well, within my means.
- My earnings outpace inflation, consistently.
- I currently save at least 10% of my income.
- I pay my bills on time, virtually always.
- I have minimum balances on my credit cards
- I have written agreements and am current with payments to individuals or companies to whom I owe money.
- I have 6 months' living expenses in an interest bearing savings account.
- I have a financial plan for the next 1 / 3 / 5 years.
- I know my net worth (My assets minus liabilities)
- I have a budget which allows me to save money for my future
- My investments are diversified, managed, and do not keep me awake at night.
- I subscribe to publications / visit websites / read resources relevant to my work.
- I have good relationships with people who can assist in my career/professional development.
- I have excellent medical insurance which covers prevention and emergencies.
- My will is up-to-date and accurate.
- I own appropriate levels of life insurance, long term care / home care insurance, and disability coverage
- My assets (car, home, possessions, and treasures) are well-insured.
- I have no current or impending legal / tax infringements
- I have safeguards in place to protect my assets and my identity (computer).

\_\_\_\_\_ **Number of circles checked (25 max)**

## D. Relationships

- I put people first and results second.
- I have a best friend and / or a group of close friends whom I have mutual trust and respect
- I am a person of his/her word; people can count on me.
- I communicate with friends and peers how they can assist me in meeting my needs and/or goals.
- I get along well with my manager/ staff / co-workers
- I have a coach to work on my life and /or business.
- I have an individual in my life that inspires me. (Teacher / hero / leader / guru)
- I intentionally maintain a personal and professional network to move my life and business forward.
- I am consistently early or easily on time.
- There is no one who I would dread or feel uncomfortable "running across". (In the street, at an airport or party)
- I have let go of the relationships which drag me down or damage me.
- I have communicated, or attempted to communicate with everyone who I upset, even if it wasn't fully my fault.
- I am able to freely tell people my expectations of our relationship
- I am fully caught up with letters and calls.
- I always tell the truth, no matter what.
- I have enough love and respect from people around me to feel good.
- I have fully come to terms with those people who have hurt/damaged me, intentional or not.
- I quickly correct miscommunications and misunderstandings when they do occur.
- I live life on my terms, not by the rules or preferences of others.
- I am complete with all past significant relationships
- I am in tune with my wants and needs and get them taken care of.
- I do not judge or criticize others.
- I do not "take personally" the things that people say to me.
- I have a circle of friends/family who love and appreciate me for who I am, more than just what I do for them.
- I consistently tell my parents, children, and siblings that I love them.

\_\_\_\_\_ **Number of circles checked (25 max)**

\_\_\_\_\_ **Total score (all 4 sections, 100 max)**

## Benefits

On the lines below, jot down specific benefits, results and shifts that happen in your life because you handled an item in the Clean Sweep Program.

Date      Benefit

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