



The Clean Sweep Program

Getting your life “clean” for success.

Introduction

You have more natural energy when you are complete with your environment, well-being, money and relationships. The Clean Sweep program consists of 100 items which, when completed, give you the vitality and strength that you want. The program can be completed in less than one year. Congratulations on starting this one!

After completing the Clean Sweep – we will be implementing one or 2 points each month to increase your score.

Instructions

Answer each question. Be rigorous with yourself. If the statement is sometimes or usually true, please do not check the YES box until the statement is virtually always true for you. If the statement does not apply to you, or will never be true for you then check the YES box. You get credit because it doesn't apply or won't ever happen. It is not necessary to ever select NO – just select Yes if it applies, and leave blank if not!

Print this form so that you will have a record of your responses, and a reminder of the areas of improvement.

Environment

No Yes

- _____ 1. My personal files, papers and receipts are neatly filed away.
- _____ 2. My car is in excellent condition. (Doesn't need mechanical work, repairs, cleaning or replacing.)
- _____ 3. My home is neat and clean. (Vacuumed, closets clean, desks and tables clear, furniture in good repair; windows clean)
- _____ 4. My appliances, machinery and equipment work well. (Refrigerator, toaster, snow-blower, water heater, toys)
- _____ 5. My clothes are all pressed, clean and make me look great. (No wrinkles, baskets of laundry, torn, out of date or ill-fitting clothes)
- _____ 6. My plants and animals are healthy. (Fed, watered, getting light and love)
- _____ 7. My bed/bedroom lets me have the best sleep possible. (Firm bed, light, air)
- _____ 8. I live in a home/apartment that I love.
- _____ 9. I surround myself with beautiful things.
- _____ 10. I live in the geographic area of my choice.
- _____ 11. There is ample and healthy lighting around me.
- _____ 12. I consistently have adequate time, space and freedom in my life.
- _____ 13. I am not damaged by my environment.
- _____ 14. I am not tolerating anything about my home or work environment.
- _____ 15. My work environment is productive and inspiring. (Synergistic, ample tools, and resources; no undue pressure)
- _____ 16. I recycle.
- _____ 17. I use non ozone depleting products.
- _____ 18. My hair is the way that I want it.
- _____ 19. I surround myself with music which makes my life more enjoyable.
- _____ 20. My bed is made daily.
- _____ 21. I don't injure myself, fall or bump into things.
- _____ 22. People feel comfortable in my home.
- _____ 23. I drink purified water.
- _____ 24. I have nothing around the house or in storage that I do not need.
- _____ 25. I am consistently early or easily on time.
- _____ Section Total

Well-Being

No Yes

- _____ 26. I rarely use caffeine. (Chocolate, coffee, colas, tea) less than 3 times per week, total.
- _____ 27. I rarely eat sugar. (Less than 3 times per week)
- _____ 28. I rarely watch television. (Less than 5 hours per week)
- _____ 29. I rarely drink alcohol. (Less than 2 drinks per week)
- _____ 30. My teeth and gums are healthy. (Have seen a dentist in last 6 months)
- _____ 31. My cholesterol count is healthful.

- _____ 32. My blood pressure is healthful.
- _____ 33. I have had a complete physical exam in the past 3 years.
- _____ 34. I do not smoke tobacco or other substances.
- _____ 35. I do not use illegal drugs or misuse prescribed medications.
- _____ 36. I have had a complete eye exam within the past two years. (Glaucoma check, vision test)
- _____ 37. My weight is within my ideal range.
- _____ 38. My nails are healthy and look good.
- _____ 39. I don't rush or use adrenaline to get the job done.
- _____ 40. I have a rewarding life beyond my work or profession.
- _____ 41. I have something to look forward to virtually every day.
- _____ 42. I have no habits which I find to be unacceptable.
- _____ 43. I am aware of the physical or emotional problems or conditions I have, and I am now fully taking care of all of them.
- _____ 44. I consistently take evenings, weekends and holidays off and take at least two weeks of vacation each year.
- _____ 45. I have been tested for the AIDS antibody.
- _____ 46. I use well made sunglasses.
- _____ 47. I do not suffer.
- _____ 48. I floss daily.
- _____ 49. I walk or exercise at least three times per week.
- _____ 50. I hear well.
- _____ Section Total

Money

No Yes

- _____ 51. I currently save at least 10% of my income.
- _____ 52. I pay my bills on time, virtually always.
- _____ 53. My income source/revenue base is stable and predictable.
- _____ 54. I know how much I must have to be minimally financially independent and I have a plan to get there.
- _____ 55. I have returned or made-good an any money I borrowed.
- _____ 56. I have written agreements and am current with payments to individuals or companies to whom I owe money.
- _____ 57. I have 6 months' living expenses in a money market-type account.
- _____ 58. I live on a weekly budget which allows me to save and not suffer.
- _____ 59. All my tax returns have been filed and all my taxes have been paid.
- _____ 60. I currently live well, within my means.
- _____ 61. I have excellent medical insurance.
- _____ 62. My assets (car, home, possessions, treasures) are well-insured.
- _____ 63. I have a financial plan for the next year.
- _____ 64. I have no legal clouds hanging over me.
- _____ 65. My will is up-to-date and accurate.
- _____ 66. Any parking tickets, alimony or child support are paid and current.
- _____ 67. My investments do not keep me awake at night.
- _____ 68. I know how much I am worth.
- _____ 69. I am on a career/professional/business track which is or will soon be

financially and personally rewarding.

_____ 70. My earnings are commensurate with the effort I put into my job.

_____ 71. I have no "loose ends" at work.

_____ 72. I am in relationships with people who can assist in my career/professional development.

_____ 73. I rarely miss work due to illness.

_____ 74. I am putting aside enough money each month to reach financial independence.

_____ 75. My earnings outpace inflation, consistently.

_____ Section Total

Relationships

No Yes

_____ 76. I have told my parents, in the last 3 months, that I love them.

_____ 77. I get along well with my sibling(s).

_____ 78. I get along well with my co-workers/clients.

_____ 79. I get along well with my manager/staff.

_____ 80. There is no one who I would dread or feel uncomfortable "running across". (In the street, at an airport or party)

_____ 81. I put people first and results second.

_____ 82. I have let go of the relationships which drag me down or damage me. ("Let go" means to end, walk away from, declare complete, no longer be attached to)

_____ 83. I have communicated or attempted to communicate with everyone who I damaged, injured or seriously upset, even if it wasn't fully my fault.

_____ 84. I do not gossip or talk about others.

_____ 85. I have a circle of friends/family who love and appreciate me for who I am, more than just what I do for them.

_____ 86. I tell people how they can satisfy me.

_____ 87. I am fully caught up with letters and calls.

_____ 88. I always tell the truth, no matter what.

_____ 89. I receive enough love from people around me to feel good.

_____ 90. I have fully forgiven those people who have hurt/damaged me, intentional or not.

_____ 91. I am a person of his/her word; people can count on me.

_____ 92. I quickly correct miscommunications and misunderstandings when they do occur.

_____ 93. I live life on my terms, not by the rules or preferences of others.

_____ 94. I am complete with past loves or spouses.

_____ 95. I am in tune with my wants and needs and get them taken care of.

_____ 96. I do not judge or criticize others.

_____ 97. I do not "take personally" the things that people say to me.

_____ 98. I have a best friend or soul-mate.

_____ 99. I make requests rather than complain.

_____ 100. I spend time with people who don't try to change me.

_____ Section Total

_____ **Grand Total**