

Instructions: The **CLEAN SWEEP** is a 100 point assessment that will help you create a strong personal foundation on which to grow yourself! Answer the questions. If you are not happy with your score and want to improve it, contact me.

Coach Gisela

PHYSICAL ENVIRONMENT

True Statement

- My personal files, papers and receipts are neatly filed away.
- My car is in excellent condition; (doesn't need mechanical work, repairs, cleaning or replacing).
- I live in the geographic area of my choice.
- I live in a home/apartment that I love.
- There is ample and healthy lighting around me.
- My home is neat and clean, (vacuumed; closets clean; desks and tables clear; furniture in good repair; windows clean).
- I surround myself with beautiful things.
- My appliances, machinery and equipment work well; (refrigerator, toaster, snow-blower, water heater).
- My clothes are all pressed, clean and make me look great; (no wrinkles; baskets of laundry; torn, out-of-date or ill-fitting clothes).
- My plants and animals are healthy; (fed, watered, getting light and love).
- My bed/bedroom lets me have the best sleep possible; (firm bed, light, air).
- My bed is made daily.
- I consistently have adequate time, space and freedom in my life.
- People feel comfortable in my home.
- I have nothing around the house or in storage that I do not need.
- I am not damaged by my environment.
- I am not tolerating anything about my home or work environment.
- My work environment is productive and inspiring; (synergistic; ample tools and resources; no undue pressure).
- I recycle.
- I use non ozone-depleting products.
- My hair is the way I want it.
- I surround myself with music which makes my life more enjoyable.
- I don't injure myself, fall or bump into things.
- I drink purified water.
- I am consistently early or easily on time.

___ **Number of True (25 max)**

WELL-BEING

True Statement

- I rarely use caffeine; (chocolate, coffee, colas, tea); less than 3 times per week, total.
- I rarely eat sugar; (less than 3 times per week).
- I rarely watch television; (less than 5 hours per week).
- I rarely drink alcohol; (less than 2 drinks per week).
- My teeth and gums are healthy; (have seen dentist in last 6 months).
- My weight is within my ideal range.
- My cholesterol count is healthful.
- My blood pressure is healthful.
- I have had a complete physical exam in the past 3 years.
- I do not smoke tobacco or other substances.
- I do not use illegal drugs or misuse prescribed medications.
- I have had a complete eye exam within the past two years; (glaucoma check, vision test).
- I have been tested for the AIDS antibody.
- My nails are healthy and look good.
- I don't rush or use adrenaline to get the job done.
- I have a rewarding life beyond my work or profession.
- I have something to look forward to virtually every day.
- I am aware of the physical or emotional problems or conditions I have, and I am now fully taking care of all of them.
- I consistently take evenings, weekends and holidays off and take at least two weeks of vacation each year.
- I use well-made sunglasses.
- I do not suffer.
- I floss daily.
- I walk or exercise at least three times per week.
- I hear well.
- I have no habits which I find to be unacceptable.

___ **Number of True (25 max)**

MONEY

True Statement

- I am putting aside enough money each month to reach financial independence.
- I currently save at least 10% of my income.
- My income source/revenue base is stable and predictable.
- I know how much I must have to be financially independent and I have a plan to get there.
- My earnings outpace inflation, consistently.
- I pay my bills on time, virtually always.
- I have 6 months' living expenses in a money market-type account.
- My investments do not keep me awake at night.
- I have a financial plan for the next year.
- I live on a weekly budget which allows me to save and not suffer.
- All my tax returns have been filed and all my taxes have been paid.
- I currently live well, within my means.
- I know how much I am worth.
- I have returned or made good on any money I borrowed.
- I have written agreements and am current with payments to individuals or companies to whom I owe money.
- My assets (car, home, possessions, treasures) are well-insured.
- I have no legal clouds hanging over me.
- Any parking tickets, alimony or child support are paid and current.
- I am on a career/professional/business track which is or will soon be financially and personally rewarding.
- My earnings are commensurate with the efforts I put into my job.
- I have no "loose ends" at work.
- I am in relationship with people who can assist in my career/professional development.
- I rarely miss work due to illness.
- I have excellent medical insurance.
- My will is up-to-date and accurate.

___ Number of True (25 max)

RELATIONSHIPS

True Statement

- I have told my parents, in the last 3 months, that I love them.
- I get along well with my siblings.
- I get along well with my co-workers/clients.
- I get along well with my manager/staff.
- There is no one who I would dread or feel uncomfortable "running across"; (in the street, at an airport or party).
- I put people first and results second.
- 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).
- I have communicated or attempted to communicate with everyone who I have damaged, injured or seriously upset, even if it wasn't fully my fault.
- I do not judge or criticize others.
- I do not gossip or talk about others.
- 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 tell people often how they can satisfy me.
- I am fully caught up with letters and cards.
- I always tell the truth, no matter what.
- I receive enough love from people around me to feel good.
- I have fully forgiven those people who have hurt/dodged me, intentional or not.
- I am a person of his/her word; people can count on me.
- I quickly correct miscommunications and misunderstandings when they do occur.
- I live life on my terms, not by the rules of preferences of others.
- I am complete with lovers or spouses.
- I am in tune with my wants and needs and get them taken care of.
- I do not "take personally" the things that people say to me.
- I have a best friend or soul-mate.
- I make requests rather complaints.
- I spend time with people who don't try to change me.

___ Number of True (25 max)

Add the four scores for a total of _____ / 100