

# Clean Sweep Program

## Welcome

The Clean Sweep Program is a personal diagnostic assessment and a tune-up for your life. The idea behind this popular program is that by strengthening the accompanying 100 items in your life, you will reduce stress, increase your energy and attract better people and opportunities into your life. Over 50,000 individuals have successfully worked with this program since 1992.

## Instructions

Start by checking the box preceding any of the 100 statements which are true for you. Then, add up your 'score' in each of the 4 areas:

Physical Environment      Well-Being

Money                              Relationships

Most people initially score in the 30-60 range. Chart your initial score in the area below by coloring in the blocks, starting from the bottom up, in each column.

Then, over the next year, take the assessment several more times and update the chart below. It's very likely that your score will increase naturally. This is because you've begun to think more about these items, just by reading them once.

## Support

If you wish to accelerate your process, why not work with a coach who has been trained in this program? Visit [www.coachreferral.com](http://www.coachreferral.com) to find a coach in your area. Both the Clean Sweep Program and CoachReferral.com are services of Coach University, the worldwide leader in coach training.

Also, check out [www.clean-sweep.com](http://www.clean-sweep.com) for more copies of this self-assessment, along with other tools.

**Coach University**  
Your success partner.

## Progress Chart

	Environ	Wellness	Money	Relation
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				

## PHYSICAL ENVIRONMENT

- My personal files, papers and receipts are neatly filed.
- My car is in excellent condition.
- My home is neat and clean.
- My appliances, machinery and equipment work well.
- My clothes are all pressed, clean and flatter me.
- My plants and animals are healthy.
- My bed/bedroom lets me sleep extremely well.
- I live in a home/apartment that I love.
- I surround myself with beautiful things.
- I live in the geographic area of my choice.
- There is ample and healthy lighting around me.
- I consistently have enough time, space, freedom in my life.
- I am not damaged by my environment.
- I am not tolerating anything in my home/work environment.
- My work environment is productive and inspiring.
- I recycle.
- I use non ozone-depleting products.
- My hair is the way I want it.
- I surround myself with music I love.
- My bed is made daily.
- I don't injure myself, fall or bump into things.
- People feel comfortable in my home.
- I drink purified water.
- I have nothing unnecessary at home/in storage.
- I am consistently early or easily on time.

\_\_\_\_ **Number of True (25 max)**

## WELL-BEING

- I rarely use caffeine.
- I rarely eat sugar.
- I rarely watch television.
- I rarely drink alcohol.
- My teeth/gums are healthy. (Seen dentist in last 6 months)
- 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.
- My weight is within my ideal range.
- 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 have no habits which I find to be unacceptable.
- 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.
- I have been tested for the AIDS antibody.
- 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.

\_\_\_\_\_ **Number of True (25 max)**

## MONEY

- I currently save at least 10% of my income.
- I pay my bills on time, virtually always.
- My income source/revenue base is stable and predictable.
- I know how much I must have to be financially independent.
- 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.
- I have 6 months' living expenses in a money market account.
- I live on a weekly budget that lets me to save and not suffer.
- All my tax returns have been filed and all taxes are paid.
- I currently live well, within my means.
- I have excellent medical insurance.
- My assets (car, home, possessions) are well-insured.
- I have a financial plan for the next year.
- I have no legal clouds hanging over me.
- My will is up-to-date and accurate.
- Any parking tickets, alimony or child support are paid.
- My investments do not keep me awake at night.
- I know how much I am worth.
- I am on a financially rewarding career/business track.
- My earnings are commensurate with the quality of work I do.
- I have no "loose ends" at work.
- I am getting all of the professional/career development I want.
- I rarely miss work due to illness.
- I am putting aside enough money to retire early.
- My earnings outpace inflation, consistently.

\_\_\_\_\_ **Number of True (25 max)**

## RELATIONSHIPS

- I have told my parents, in the last 3 months, I love them.
- I get along well with my sibling(s).
- 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.
- I have communicated or attempted to communicate with everyone who I have damaged, injured or seriously upset.
- I do not gossip or talk about others.
- I have a bank of friends/family who love and appreciate me for who I am, more than just what I do for them.
- I tell people how they can satisfy me.
- I am fully caught up with letters and calls.
- 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/damaged me, intentional or not.
- I am a person of his/her word; people can count on me.
- I quickly correct and misunderstandings when they occur.
- I live life on my terms, not the rules/preferences of others.
- I am complete with past loves or spouses.
- I know 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 best friend or soul-mate.
- I make requests rather than complain.
- I spend time with people who don't try to change me.

\_\_\_\_\_ **Number of True (25 max)**

\_\_\_\_\_ **Grand Total (100 max)**

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