



## PHYSICAL ENVIRONMENT

### True Statement

- My personal files, papers & receipts are neatly filed away.
- My car is in excellent condition. (Doesn't need mechanical work, repairs, cleaning or replacing).
- My home is clean and tidy. (Vacuumed, wardrobes and drawers organized, desks and tables clear, furniture in good repair, windows clean).
- My appliances, machinery and equipment work well. (Fridge, toaster, lawn mower, water heater, hi-fi etc).
- My clothes are all ironed, clean and make me look good. (No creases, piles of washing, torn, out-of-date or ill-fitting clothes).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).
- I live in a house/flat that I love.
- I surround myself with beautiful things.
- I live in the geographic location of my choice.
- There is ample and healthy lighting around me.
- I consistently have adequate time, space and freedom in my life.
- Nothing in my environment harms me.
- I am not tolerating anything about my home or work environment.
- My work environment is productive and inspiring. (Synergistic, ample tools; 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 life more enjoyable.
- My bed is made daily.
- I don't injure myself, fall or bump into things.
- People feel comfortable in my home.
- I drink at least 2 litres of water a day.
- I have nothing around the house or in storage that I do not need.
- I am consistently early or easily on time.

Number of checks

## 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 times per week.)
- I rarely drink alcohol. (Less than 2 times per week.)
- My teeth and gums are healthy. (I have seen my dentist in the last 6 months.)
- My cholesterol count is healthy.
- My blood pressure is healthy.
- I have had a complete physical examination 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 etc.)
- 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 to me.
- 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 weekends and holidays off and take at least four weeks of vacation each year.
- I have just the right amount of sleep.
- I use well-made sunglasses.
- I do not suffer.
- I laugh out loud every day.
- I walk or exercise at least three times per week.
- I hear well.

Number of checks

## MONEY

### True Statement

- I currently save at least 10% of my income.
- I pay my bills on time.
- 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
- I have returned and made good on any money 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 an easily accessible account.
- 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 have excellent personal insurance. (Life, accident, disability, medical etc.)
- My assets (car, home, possessions and treasures) 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 and current.
- My investments do not keep me awake at night.
- I know how much I am worth.
- I am on a career, professional, business track, which is or will soon be financially and personally rewarding.
- My earnings are commensurate with the effort I put into my job.
- I have no 'loose ends' at work.
- I am in a relationship with people who can assist in my career/professional development.
- I rarely miss work due to illness.
- I am putting aside each month enough money to reach financial independence.
- My earnings outpace inflation, consistently.

Number of checks

## RELATIONSHIPS

### True Statement

- I have told my parents in the last 3 months that 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 I would dread or feel uncomfortable 'running across'. (In the street, at the airport, at a party.)
- I put people first and results second.
- I have let go of the relationships that 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 whom I have damaged, injured or seriously upset, even if it wasn't my fault.
- I do not gossip or talk about others.
- I have a circle of friends/family who love 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 those around me to feel good.
- I have fully forgiven those people who have hurt or damaged me, intentionally or not.
- I am a person of his/her word. People can count on me.
- I quickly correct miscommunications and misunderstandings when they occur.
- I live life on my terms, not by the rules or preferences of others.
- I am complete with past loves or spouses.
- I am in tune with my wants/needs and get them taken care of.
- I do not judge or criticize others.
- I do not 'take personally' the things people say to me.
- I have a best friend or a soul mate.
- I make requests rather than complain.
- I spend time with people who don't try to change me.

Number of checks

*Congratulations on completing The Clean Sweep 100! Revisit the program until you get 80+ checks. Remember, every professional's experience will be different. Be kind to yourself and work at your own pace. There is no one right way to get 80+! **Good Luck.***