



SoBe Coaching

Clean Sweep Program

There are four steps to completing the Clean Sweep program.

Step 1: Answer each question.

If true, check the box. 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 or will never be true for you, check the box. (You get credit for it because it does not apply or will never happen). 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 four sections. Then add up the total for all four sections. This is your score. The goal is 100.

Step 3: Color in the progress chart on the last page.

Always work 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 friend to assist you. And check back once a year for maintenance.



Progress Chart: Clean Sweep Program 100-Point Checklist

Sections				
	A. Physical Environment	B. Health and Emotional Balance	C. Money	D. Relationships
25				
24				
23				
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1	x			



A. Physical Environment

Number of items that apply to you (25 max)_____

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, snowblower, water heater, toys).
5. My clothes are all clean and pressed, make me look great (no wrinkles, baskets of laundry, or torn, out-of-date, or ill-fitting clothes).
6. My plants and animals are healthy (fed, watered, getting light and love).
7. My bed and bedroom let me have the best sleep possible (firm bed, light, air).
8. I live in a home or apartment that I love.
9. I surround myself with beautiful things.
10. I live in the geographic area I choose.
11. There is ample and healthy light 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, with ample tools and resources, and with no undue pressure).
16. I recycle.
17. I use non-ozone-depleting products.
18. My hair is the way I want it.
19. I surround myself with music that makes my life more enjoyable.
20. My bed is made daily.
21. I don't injure myself 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.



B. Health and Emotional Balance

Number of items that apply to you (25 max) _____

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



C. Money

Number of items that apply to you (25 max)_____

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



D. Relationships

Number of items that apply to you (25 max) _____

1. I have told my parents in the last three months that I love them.
2. I get along well with my sibling(s).
3. I get along well with my coworkers and/or clients.
4. I get along well with my manager and/or staff.
5. There is no one who I would dread or feel uncomfortable running across (in the street, at an airport, or at a party).
6. I put people first and results second.
7. I have let go of the relationships that drag me down or damage me. ("Let go" means to end, walk away from, state a problem with, handle, or no longer be attached to.)
8. I have communicated or attempted to communicate with everyone who I have damaged, injured, or seriously disturbed, even if it wasn't fully my fault.
9. I do not gossip or talk about others.
10. I have a circle of friends and/or family who love and appreciate me for who I am, more than just what I do for them.
11. I tell people how they can satisfy me.
12. I am fully caught up with letters and calls.
13. I always tell the truth, no matter what.
14. I receive enough love from people around me to feel good.
15. I have fully forgiven those people who have hurt or damaged me, whether it was deliberate or not.
16. I am a person of my word; people can count on me.
17. I quickly clear miscommunications and misunderstandings when they do occur.
18. I live life on my terms, not by the rules or preferences of others.
19. There is nothing unresolved with my past loves or spouses.
20. I am in tune with my wants and needs and get them taken care of.
21. I do not judge or criticize others.
22. I do not take personally the things that people say to me.
23. I have a best friend or soul mate.
24. I state requirements rather than complaining.
25. I spend time with people who don't try to change me.

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