

Passion for Business

Empowering the Self Employed to Succeed

Greetings,

On the next pages, you will find the Clean Sweep Program. The purpose of the Clean Sweep Program is to give you a “snapshot” of where you are at this point in your life, as well as help you to determine which areas of your life you would like to work on soon. You’ll have more natural energy when you are clear with your environment, health and emotional balance, money, and relationships.

The **Clean Sweep** Program was developed by the folks at CoachU, and consists of 100 items which, when completed, give you the vitality and strength you want. **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 really is true!)
- If the statement does not apply to you, cross it off the list.

And, you may change any statement to fit your situation better.

You may find that, after completing these pages, you feel that your “to do” list is huge! Let me encourage you to relax and simply pick *one* area you want to work on at a time. The purpose is to steadily grow into the person you want to be, and to create the life you want. Creating more stress by trying to do it all at once won’t help you to create the Perfect Life.

I hope you enjoy working with this tool. Please let me know if I can support you in any way on your path to creating the life of your dreams.

With Warmest Regards,



Karyn Greenstreet
President, Passion For Business LLC

SECTION A. PHYSICAL ENVIRONMENT

- 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)
- My home is neat and clean. (Vacuumed, closets clean, desks and tables clear, furniture in good repair; windows clean)
- My appliances, machinery and equipment work well. (Refrigerator, toaster, snow blower, water heater, toys)
- 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 (No wrinkles, baskets of laundry, torn, out-of-date or ill-fitting clothes)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)
- I live in a home/apartment that I love.
- I surround myself with beautiful things.
- I live in the geographic area I choose.
- There is ample and healthy light around me.
- I consistently have adequate time, space and freedom in my life.
- 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 or art, which makes my life more enjoyable.
- My bed is made daily.
- I don't injure myself.
- People feel comfortable in my home.
- I drink purified water.
- I have nothing around the house or in storage that I do not need.
- I am consistently early, or easily on time.

Number of checked boxes (25 max)

SECTION B. WELL-BEING

- 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.
- 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)
- 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 off and take at least two weeks of vacation each year.
- I have seen dentist in last 6 months.
- 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 checked boxes (25 max)

SECTION C. 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 minimally financially independent and I have a plan to get there.

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-type 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 medical insurance.

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 is 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 relationship with people who can assist in my career/professional development.

I rarely miss work due to illness.

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

My earnings outpace inflation, consistently.

Number of checked boxes (25 max)

SECTION D. RELATIONSHIPS

- I have told my parents and/or family members, in the last 3 months, that I love them.
- I get along well with my sibling(s).
- I get along well with my coworkers/clients.
- I get along well with my manager/staff.
- There is no one who I would dread or feel uncomfortable meeting unexpectedly.
- 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 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 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 miscommunications and misunderstandings when they do 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 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 checked items (25 max)

_____ **Total score (all 4 sections, 100 max)**

Action steps as a result of doing this test:

1. _____
2. _____
3. _____
4. _____
5. _____