

# The Clean Sweep Programme

---

You have more natural energy when you are satisfied with your environment, personal well-being, money and relationships.

The **Clean Sweep Programme** consists of 100 items which, when completed, will give you the vitality and strength you desire.

The programme can be completed in less than one year.

**CONGRATULATIONS** on getting started!

---

## INSTRUCTIONS

There are four steps to completing the programme:

Step One      Answer each question.

If true, tick the appropriate box. Be rigorous. Be a hard marker. Only tick the box if the statement is 'virtually always' true for you. (No 'credit' until it is really true!)

If a statement does not apply - or will never apply - to you, you may change it to something which is relevant to your situation. However, this **must not** be used as a get-out clause to make it easier to score!

Step Two      Summarise each section.

Add up the number of True boxes for each of the four sections and write those amounts where indicated. Then add up all four sections and write the current total in the box on the next page.

Step Three    Colour in the Progress Chart

If you have nine Trues in the Well-Being section, for example, colour in the bottom nine boxes, and so on. Always start 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're doing in each of the four areas.

Step Four     Keep playing until the boxes are filled - You can do it!

This process may take 30 or 360 days, but you can achieve a Clean Sweep. Use your coach or a friend to assist you. Check your scores every month or so.

The Clean Sweep Programme was developed by Thomas J Leonard for Coach University.

## 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 organised, desks and tables clear, furniture in good repair, windows clean)
- My appliances, machinery and equipment work well. (Fridge, toaster, lawn mower, PC, video, 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 (No creases, piles of washing, torn, out-of-date or ill-fitting clothes)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, airy)
- I live in a house/flat that I love
- I surround myself with beautiful things
- I live in the geographical 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 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
- 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 that I don't need
- I am consistently early or easily on time

\_\_\_\_\_ Number of True Statements (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 TV (less than 5 hours per week)
- I rarely drink alcohol (less than 2 times per week)
- My teeth and gums are healthy (have seen dentist in last 6 months)
- My cholesterol is at a healthy level
- My blood pressure is at a healthy level
- 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 2 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 are unacceptable to me
- I am aware of the physical or emotional problems I have, and am fully taking care of them
- I consistently have evenings, weekends and holidays off and take at least 4 weeks' holiday each year
- I have just the right amount of sleep
- I use well-made glasses/sunglasses
- I do not suffer
- I laugh out loud every day
- I walk or exercise at least 3 times per week
- I hear well

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

## 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 & 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 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 budget which allows me to save and not suffer
- All my tax returns have been filed and all my taxes paid
- I currently live well, within my means
- I have excellent personal insurance (life, accident, disability, medical, etc)
- My assets (car, home, possessions, treasures) are well insured
- I have a financial plan for 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 soon will 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 relationships 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 True Statements (25 max)

## RELATIONSHIPS

### TRUE STATEMENT

- I have told my parents in the last 3 months that I love them
- I get on well with my sibling(s)
- I get on well with my co-workers/clients
- I get on well with my manager/staff
- There is no one whom I would dread or feel uncomfortable 'bumping into' (in the street, at a 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 whom I have hurt, 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 me, whether intentional or not
- I am a person of my 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 aware of my wants and needs and get them taken care of
- I do not judge or criticise 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 Statements (25 max)

