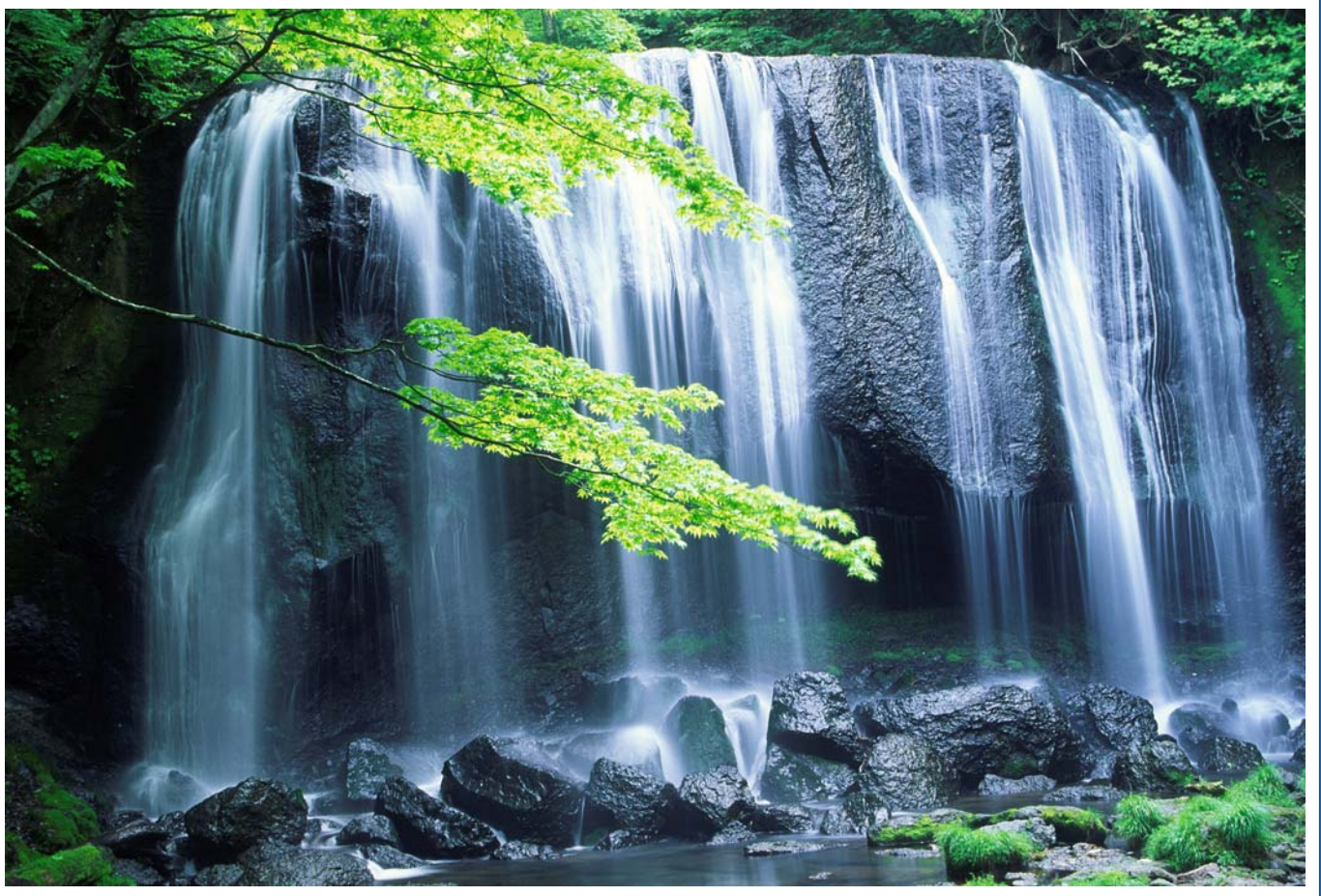


# CleanSweep Plus

**A free self-assessment to help you identify how to achieve greater balance and satisfaction in your life.**



# The CleanSweep Plus Assessment

The CleanSweep program was originally created by Thomas K Leonard. Known for his generous spirit, Thomas created numerous assessment instruments and shared them freely. The CleanSweep was one of them.

Before Thomas Leonard passed away in 2003 he had founded Coach University, the International Coach Federation, TeleClass.com, and co-authored 6 coach-related books. He was also CEO of Coachville. Sue Brightman joined Coach U as a lifetime member while Thomas was still living.

To keep the integrity of Thomas Leonard's assessment which has been changed in minor ways over the years, Brightman Glover International has reproduced the CleanSweep original four sections. Instructions have been slightly modified as indicated.

Due to its increasing importance to people as part of a balanced and satisfying life, Brightman Glover International has added an optional fifth section.

There are four steps to completing the CleanSweep Program:

## Step 1

Answer each question. If true, check the box marked True. Be rigorous; be a hard grader. If the statement is sometimes or usually true, please DO NOT check the True box until the statement is virtually *always* true for you. If the statement does not apply to you, or will never be true for you, check the True box. (You get credit for it because it does not apply or will never happen.) And you may change the wording of any statement to make it better fit your situation.

## Step 2

Summarize each section. Add up the number of True boxes for each of the sections and write those amounts where indicated. Then add up all the sections and write the current total on the progress chart.

## Step 3\*

Sit down for 1 hour of uninterrupted time. Using a blend of radical honesty and gut-level instinct, identify the top 3 -5 things you *know* will bring more balance and satisfaction to your life. Be alert to particularly low scores in any one area. It may indicate where your greatest leverage is.

## Step 4\*

Find a trusted partner. This could be a friend, spouse, coach. Choose someone who will advocate for your best self. Talk through your priorities with him/her. Ask for feedback and be willing to adjust. Above all, listen and follow your own rigorous intuition.

## Step 5

Write down your priorities in a way that attracts you to look at them. Sit down once a month and chart (write, draw, bullet-point) your progress.

**\*Note:** The original CleanSweep suggested coloring in the Progress Chart included on the last page. For example, if you have nine Trues in the Physical section, you would color in nine boxes from the bottom up. Thomas Leonard recommended doing this for each section, working on every item over a one year period until the entire chart is filled in! If this approach is helpful, feel free to use the attached chart at the end.

## Physical Environment (Environmental)

	TRUE
My personal files, papers, and receipts are neatly filed away.	<input type="radio"/>
My car is in excellent condition; doesn't need mechanical work, repairs, cleaning, or replacing.	<input type="radio"/>
My home is neat and clean – vacuumed, closets organized desks and tables clear, furniture in good repair, windows clean.	<input type="radio"/>
My appliances, machinery, and equipment (refrigerator, toaster, snow-blower, water heater, toys) work well.	<input type="radio"/>
My clothes are all clean, on hangers or folded, and make me look great (no wrinkled, worn-out, outdated, or ill-fitting clothes).	<input type="radio"/>
My plants and animals are healthy (fed, watered, getting light and love).	<input type="radio"/>
My bed/bedroom lets me have the best sleep possible (firm bed, darkness, air circulation, and no plugged-in appliances close to me).	<input type="radio"/>
I live in a home/apartment I love.	<input type="radio"/>
I surround myself with beautiful things.	<input type="radio"/>
I live in the geographic area of my choice.	<input type="radio"/>
There is ample natural light where I live and work.	<input type="radio"/>
I am not damaged by my environment.	<input type="radio"/>
I am not merely tolerating anything about my home or work environment.	<input type="radio"/>
My work environment is practical and inspiring (ergonomic support; tools and resources available; no undue pressure).	<input type="radio"/>
I recycle.	<input type="radio"/>
I use products that do not deplete the ozone layer.	<input type="radio"/>
I surround myself with music that makes my life more enjoyable.	<input type="radio"/>
My bed is made daily.	<input type="radio"/>
I don't injure myself, fall, or bump into things.	<input type="radio"/>
People feel comfortable in my home.	<input type="radio"/>
I drink purified water.	<input type="radio"/>
I have nothing around the house or in storage that I do not need.	<input type="radio"/>
I am consistently early or easily on time.	<input type="radio"/>
I have a calendar system that serves me well.	<input type="radio"/>
I have access to nature within reasonable distance from my work.	<input type="radio"/>

**NUMBER OF TRUE (Maximum 25)**

## Money (Financial)

	TRUE
I currently save at least 10 percent of my income.	<input type="radio"/>
I pay my bills on time, virtually always.	<input type="radio"/>
My income source/revenue base is stable and predictable enough so as not to cause me stress.	<input type="radio"/>
I know how much I must have to be minimally financially independent and/or to retire, and I have a plan to get there.	<input type="radio"/>
I have returned or made good on any money I have borrowed.	<input type="radio"/>
I have written agreements and am current with payments to individuals or companies to whom I owe money.	<input type="radio"/>
I have equal to six months' living expenses in a safe and appreciating account.	<input type="radio"/>
I live on a weekly budget that allows me to save and not suffer.	<input type="radio"/>
All my tax returns have been filed and all my taxes have been paid.	<input type="radio"/>
I currently live within my means.	<input type="radio"/>
I have excellent medical insurance.	<input type="radio"/>
My assets (car, home, possessions, treasures) are well insured.	<input type="radio"/>
I have a financial plan for the next year.	<input type="radio"/>
I have no legal clouds hanging over me.	<input type="radio"/>
My will is up to date and accurate.	<input type="radio"/>
I know the status of my investments and am satisfied where they are or am actively seeking alternatives.	<input type="radio"/>
I know how much I am worth.	<input type="radio"/>
I am on a career/professional/business track that is, or will soon be, financially and personally rewarding.	<input type="radio"/>
My earnings are commensurate with the effort I put into my job.	<input type="radio"/>
My services are so exceptional, people gladly pay me premium rates.	<input type="radio"/>
I have no loose ends at work.	<input type="radio"/>
I have relationships with people who can assist in my career/professional development.	<input type="radio"/>
I rarely miss work due to illness.	<input type="radio"/>
I am aware of marketplace trends and where my skills fit.	<input type="radio"/>
I have learning/development goals that keep me professionally up-to-date.	<input type="radio"/>

**NUMBER OF TRUE (Maximum 25)**

## Well-Being (Physical)

	TRUE
I rarely use caffeine (chocolate, coffee, colas, tea, fewer than three times per week, total).	<input type="radio"/>
I rarely (less than three times per week) eat sugar.	<input type="radio"/>
I rarely (less than five hours per week) watch television.	<input type="radio"/>
I rarely (fewer than two drinks per week) drink alcohol.	<input type="radio"/>
I have seen a dentist in the last 6 months. My teeth and gums are healthy.	<input type="radio"/>
My cholesterol and blood pressure count are both healthful.	<input type="radio"/>
I drink at least five glasses of water per day.	<input type="radio"/>
I have had a complete physical exam in the past three years.	<input type="radio"/>
I do not smoke tobacco or other substances.	<input type="radio"/>
I do not use illegal drugs or misuse prescribed medications.	<input type="radio"/>
I have had a complete eye exam within the past two years (glaucoma check, vision test).	<input type="radio"/>
My weight is within my ideal range.	<input type="radio"/>
My nails are healthy and look good.	<input type="radio"/>
I don't rush or use adrenaline to get the job done.	<input type="radio"/>
I have no habits I find unacceptable.	<input type="radio"/>
I am aware of the physical or emotional problems I have, and I am now fully taking care of them.	<input type="radio"/>
I consistently take evenings, weekends, and holidays off and take at least two weeks of vacation each year.	<input type="radio"/>
I have been tested for STDs and HIV.	<input type="radio"/>
I use well-made sunglasses.	<input type="radio"/>
I do not suffer, either mentally or physically.	<input type="radio"/>
I floss daily.	<input type="radio"/>
I exercise aerobically at least three times per week.	<input type="radio"/>
I hear well.	<input type="radio"/>
My hair is neat and styled well.	<input type="radio"/>
My diet consists of low-fat, natural food.	<input type="radio"/>
<b>NUMBER OF TRUE (Maximum 25)</b>	<input type="text"/>



## Relationships (Social/Emotional)

	TRUE
I have told my parents, in the past three months, that I love them.	<input type="radio"/>
I get along well with my sibling(s).	<input type="radio"/>
I get along well with my clients/customers.	<input type="radio"/>
I get along well with my manager/co-workers/staff.	<input type="radio"/>
There is no one whom I would dread or feel uncomfortable running across (in the street, at an airport or a party).	<input type="radio"/>
I put people first and results second.	<input type="radio"/>
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.)	<input type="radio"/>
I have communicated or attempted to communicate with everyone I have damaged, injured, or seriously upset, even if it wasn't fully my fault.	<input type="radio"/>
I do not gossip or talk about others.	<input type="radio"/>
I have a bank of friends/family who love and appreciate me for who I am, not just for what I do for them.	<input type="radio"/>
I make requests for what I need.	<input type="radio"/>
I am fully caught up with letters and calls.	<input type="radio"/>
I always tell the truth, and do so without just "blurting things out".	<input type="radio"/>
I receive enough love from people around me to feel good.	<input type="radio"/>
I have fully forgiven those people who have hurt/damaged me, intentionally or not.	<input type="radio"/>
I am a person of my word; people can count on me.	<input type="radio"/>
I quickly correct miscommunications and misunderstandings when they do occur.	<input type="radio"/>
I live life on my terms, not by the rules or preferences of others.	<input type="radio"/>
I am at peace with past loves or spouses.	<input type="radio"/>
I am in tune with my wants and needs and get them taken care of.	<input type="radio"/>
I do not judge or criticize others.	<input type="radio"/>
I do not take personally the things that people say to me.	<input type="radio"/>
I have a best friend or soul mate.	<input type="radio"/>
I realize that I do not own my children or their destinies.	<input type="radio"/>
I spend time with people who don't try to change me.	<input type="radio"/>
<b>NUMBER OF TRUE (Maximum 25)</b>	<input type="text"/>

# Spiritual

	TRUE
I take time on a regular basis to be grateful.	<input type="radio"/>
I have a regular spiritual practice (prayer, meditation, journaling) that links me to deeper inspiration.	<input type="radio"/>
I know where to go (nature, a special chair in my home, a garden) if I need to disengage from pressing concerns.	<input type="radio"/>
I have identified the legacy I want to leave.	<input type="radio"/>
I write, draw, play music, or create as a means of expressing myself.	<input type="radio"/>
I believe there is a power higher than myself to which I am linked.	<input type="radio"/>
I correct myself when judging others about their dress/skin/accent/cultural practices.	<input type="radio"/>
I know how to listen to my intuition.	<input type="radio"/>
I ask how others are and listen to their answers.	<input type="radio"/>
I have someone in my life to whom I can go for a more balanced/inspired way of processing my problems.	<input type="radio"/>
I have at least one book to which I can turn for hope or peace in my life.	<input type="radio"/>
I feel loved and know my worth, no matter my current conditions.	<input type="radio"/>
I know I am bigger than my story.	<input type="radio"/>
I do not allow my illness(es) to define who I am.	<input type="radio"/>
I can find at least one positive thing about my family heritage.	<input type="radio"/>
I release the characteristics I do not want for myself.	<input type="radio"/>
I am aware that I'm not just my parents' son/daughter.	<input type="radio"/>
I strive for progress and look for it with expectation.	<input type="radio"/>
I affirm that I deserve things of quality.	<input type="radio"/>
I donate quality items (clothing, appliances, computers) to families/organizations that need them.	<input type="radio"/>
I invest in relationships that cultivate the deeper parts of me.	<input type="radio"/>
I have identified a place of worship/practice where I can go if I choose.	<input type="radio"/>
I express compassion in my workplace.	<input type="radio"/>
I know at least two community organizations in my area.	<input type="radio"/>
I have offered my time or help to a neighbor in the last two months.	<input type="radio"/>

**NUMBER OF TRUE (Maximum 25)**

# Progress Chart

Date: \_\_\_\_\_ Total: \_\_\_\_\_

25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Environmental

Financial

Physical

Social/Emotional

Spiritual