



## SECTION 1. Physical Environment

- My personal files, papers and receipts are neatly filed away.
- My car is in excellent condition (it doesn't need mechanical work, repairs, cleaning or replacing).
- My home is clean and tidy (vacuumed, wardrobes and drawers organised, desks and tables clear, no piles of papers, furniture in good repair; windows clean).
- My appliances, machinery and equipment work well (fridge, oven, washing machine, boiler, lawn-mower).
- My clothes are ironed, clean and make me look great (no creases, ripped, or ill-fitting clothes).
- My wardrobe is neatly ordered with no out-of-date clothes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, pleasant decor, light and airy).
- I live in a house/apartment that I love.
- I surround myself with beautiful things.
- I live in the geographic area I choose to live in.
- There is ample and healthy light around me.
- Nothing in my environment harms me.
- I consistently have enough time, space and freedom in my life.
- My work environment is productive and inspiring (synergistic, ample tools and resources; no undue pressure).
- I recycle (paper, magazines, bottles, old clothes).
- I use non ozone-depleting products.
- My hair is the way I want it.
- I surround myself with music, which makes my life more enjoyable.
- My bed is made daily.
- I don't injure myself, or bump into things.
- People feel comfortable in my home. I feel happy to welcome friends into my home.
- I drink at least 8 glasses 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 boxes ticked (25 max)

## SECTION 2. Health & Well-being

- I rarely use caffeine (chocolate, coffee, coke cola, 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. I have seen a dentist in last 6 months.
- My cholesterol count is at a healthy level.
- My blood pressure is at a healthy level.
- I have had a complete medical 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 my eyes tested within the past 2 years (Glaucoma check and full vision test).
- My weight is within my ideal range.
- My nails are healthy and attractive.
- 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 that 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 4 weeks holiday each year.
- I have just the right amount of sleep.
- I use sunglasses with high ultraviolet protection.
- I do not suffer.
- I floss daily.
- I walk or exercise at least three times per week.
- I hear well.

\_\_\_ Number of boxes ticked (25 max)

### SECTION 3. Money & Finances

- 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 I am up-to-date with payments to individuals or companies to whom I owe money.
- I have 6 months' living expenses in an easily accessible bank/building society account.
- I live on a weekly budget that 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 and medical).
- My assets (car, home, possessions, 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 maintenance are paid and up-to-date.
- My investments do not keep me awake at night.
- I know how much I am worth.
- I am on a career/professional/business track that is or will soon be financially and personally rewarding.
- My earnings are equal to 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 boxes checked (25 max)

### SECTION 4. Relationships

- 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 colleagues/clients.
- I get along well with my manager/staff.
- There is no one who I dread or feel uncomfortable meeting (in the street, at an airport or 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, state, handle, no longer be attached to.
- I have communicated or attempted to communicate with everyone who I have damaged or injured, 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.
- I tell people how they can satisfy me.
- I am up to-date up with letters/emails 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, deliberate or not.
- I am a person of my word; people can count on me.
- I quickly clear miscommunications and misunderstandings when they do occur.
- I live life on my terms, not by the rules or preferences of others.
- There is nothing unresolved with past loves/spouses.
- I am in tune with 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 state requirements rather than complain.
- I spend time with people who don't try to change me.

\_\_\_ Number of boxes checked (25 max)