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**Columnist**

## **Professional Development**

### **Make a Clean Sweep in 2005**

If you're still making New Year's resolutions, you might enjoy a different approach this year. And if you've stopped making resolutions because you don't keep them, this will be especially helpful for you.

One of the first things I suggest to my clients when we begin coaching is to complete our free Clean Sweep Program™ assessment created by Coach U. The assessment is designed to help you tap into your natural energy so you will be happier, healthier, and more productive. Every New Year's resolution you've ever made is probably on the list of 100 actions included in the Clean Sweep Program™.

The program measures your level of integrity in four areas: Physical Environment, Health and Emotional Balance, Money, and Relationships. Each area includes twenty-five statements; every box you check is worth one point. The goal is for you to get to 90 or more points within one year.

Here are five items from each of the assessment's four areas:

#### **PHYSICAL ENVIRONMENT**

- My home is neat and clean.
- My plants and animals are healthy.
- I live in a home/apartment that I love.
- There is ample and healthy light around me.
- I consistently have adequate time, space, and freedom in my life.

#### **HEALTH & EMOTIONAL BALANCE**

- I rarely eat sugar (Less than 3 times per week).
- My cholesterol count is healthful.
- I have had a complete physical exam in the past 3 years.
- My weight is within my ideal range.
- I have a rewarding life beyond my work or profession.

#### **MONEY**

- I currently save at least 10% of my income.
- I pay my bills on time, virtually always.
- I currently live well, within my means.
- I live on a weekly budget that allows me to save and not suffer.

○ I am on a career/professional/business track that is or will soon be financially and personally rewarding.

#### **RELATIONSHIPS**

○ I have told my parents, in the last 3 months, that I love them.

○ I get along well with my siblings.

○ I do not gossip or talk about others.

○ 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 fully forgiven those people who have hurt/damaged me, deliberate or not.

Completing the Clean Sweep Program™ will give you a clear picture of your strong areas and those that need work for you to have a more fulfilling life. Not many people achieve a high score at first, so it’s important that you not be overly concerned if you score low in this sample of 20 items or achieve a score of 50 or less on the entire assessment.

The purpose of this program is to help you gradually improve in these four important areas of life. Making New Year’s resolutions to improve negative habits is superficial when compared with completing this program. It is a program for life, and if you take it seriously, you won’t feel the need to make resolutions at the beginning of each year.

It will be helpful if you work on this program with a partner or coach to keep you steadily on track.

Successful living is about being in integrity. None of us is there all the time, but the more you live in harmony with your environment and other people, the better your life will become.

If you’re ready and would like a free copy of the Clean Sweep Program™ send me an email with the words “Clean Sweep” in the subject line.

Have a Happy, Prosperous, Successful New Year!

Annette Estes is a Certified Professional Behavioral and Values Analyst, Coach, and Consultant. She coaches “Reluctant Workaholics” on work-life balance. She is also a professional speaker and author of the book, *Why Can’t You See it MY Way? Resolving Values Conflicts at Work and Home*. Contact her at [Annette@CoachAnnette.com](mailto:Annette@CoachAnnette.com) or call The Estes Group at 864-244-1156.

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