



## Creating Magic in Your Life: Coach Yourself to Success

### Handout #1

(Select "T=True" or F=False" for each question.)

#### ENERGY AND VITALITY

I get all the sleep I need. I am not tired.	T	F
I eat healthy, fresh foods and vegetables every day.	T	F
My blood glucose levels maintain within the ideal range.	T	F
I drink filtered or purified water throughout the day. I am well-hydrated.	T	F
I exercise 3 times a week or more.	T	F
I have eliminated unnecessary sources of stress.	T	F
I incorporate daily fun into my schedule.	T	F
Nothing in my life is draining me.	T	F
I take at least four holidays a year.	T	F
I follow a nutritional plan designed for my body.	T	F

#### TIME AND SPACE

I am 10 minutes early for business and personal appointments.	T	F
I delegate the personal and business things I'd prefer not to deal with.	T	F
I always under-promise and over-deliver. e.g. If I think I can get it done in one week, I say I'll have it done in two weeks. Then I turn it in early.	T	F
I take at least ten minutes of every day to sit and relax or meditate.	T	F
I can easily say "no" and have learned to decline gracefully.	T	F
I take evenings and weekends off consistently.	T	F
I keep one to two hours unscheduled every day.	T	F
I have a life plan. I don't have to get everything done this year.	T	F
I pay my bills online or automatically.	T	F
I am effective at managing weekly food shopping and preparation.	T	F

#### LOVE AND RELATIONSHIPS

I treat everyone with great respect.	T	F
I know five very successful people and can call on them for advice and support.	T	F
My personal and emotional needs are fully satisfied. (Emotional Index Quiz: Handout #2)	T	F
I have ended relationships that drain my energy or damage me.	T	F
I have fully forgiven those people who have hurt or damaged me, whether it was intentional or not.	T	F
I have apologized and/or made amends with anyone I may have hurt or damaged whether it was intentional or not.	T	F
I am happy with the amount of time I spend with my family/children/friends.	T	F
I have a best friend or soul-mate.	T	F
No one in my life is trying to change me.	T	F
I receive enough love from people around me to feel supported.	T	F



## MONEY AND FINANCES

I currently save at least 10% of my income.	T	F
I always pay my bills on time or early.	T	F
I am putting aside enough money each month to reach financial independence.	T	F
My income is stable and predictable.	T	F
I currently live well, within my means, and do not overspend.	T	F
I have paid or am in the process of paying back any money I have borrowed.	T	F
I have six months' living expenses in a money-market type savings account.	T	F
I am on a career or business path that is or will soon be financially and personally rewarding.	T	F
I have no credit card or unsecured debts.	T	F
My will or trust is up to date and accurate.	T	F

## HOME AND COMFORT

My home is clean and comfortable.	T	F
I like every room in my home or apartment.	T	F
I have a special place to relax or curl up.	T	F
I have extra room (for new things, guests, etc.)	T	F
My bed is made every day.	T	F
I have nothing around the home or in storage that I do not need or enjoy.	T	F
I live in the geographic area of my choice.	T	F
My bedroom lets me have the best sleep possible (mattress, light, air).	T	F
I live in a home/apartment that I love.	T	F
I am not tolerating anything about my home or apartment.		

## SELF-CARE AND HEALTH

I have a weekly massage or bodywork.	T	F
My weight/bodyfat % is in the healthy range.	T	F
I like my body just the way it is.	T	F
My hair and nails look great.	T	F
I sleep on 300 thread count sheets or better.	T	F
I meditate or write in a journal daily.	T	F
I have no unhealthy habits or addictions (caffeine, alcohol, sugar, TV, sex, gambling or drugs).	T	F
I engage in daily exercise that gives me joy.	T	F
I protect myself from EMFs whenever possible.	T	F
I get appropriate sunshine and have adequate Vitamin D levels.	T	F



## CAREER AND OPPORTUNITY

I know my strengths and natural abilities and I delegate tasks in my weak areas.	T	F
I have work/career or business that is financially and personally rewarding.	T	F
I have a mentor and or coach who supports me in reaching my objectives.	T	F
I get along well with my colleagues and managers.	T	F
I am in the process of mastering my craft/skill/job.	T	F
I am part of a successful network of people.	T	F
I continually invest 10% of my resources in mastering and developing my skills and strengths.	T	F
I attract success; I don't strive for it or chase it.	T	F
I have all the equipment and tools to do my work well (ergonomic keyboard, chair, etc.)	T	F
I surround myself with inspiring and supportive people.	T	F

## ATTRACTION

I effortlessly attract the best people and opportunities. I do not have to sell myself or convince others.	T	F
I don't just listen to people, I really hear and understand them.	T	F
I communicate fully in the moment. I am not afraid to speak my mind.	T	F
I am grateful, thankful and appreciate of the people in my life and they feel this.	T	F
I put people first, and results second.	T	F
I put my personal and emotional needs first.	T	F
I have bigger boundaries than I need.	T	F
I give the gifts that others really want.	T	F
It is natural and effortless for me to be generous with my time, money and attention.	T	F
I may want a tremendous amount, but don't have to have it. I am free and non-attached.	T	F

## HAPPINESS AND JOY

I have something to look forward to every day.	T	F
My work is personally rewarding and fulfilling. I look forward to doing my work virtually every day.	T	F
I take pleasure and delight in the little things (a perfect cup of tea, the sunset, the first snowfall, a bubble bath).	T	F
I know my strengths and do not waste time trying to master my weaknesses. I know that my strengths are enough. I don't have to be good at everything.	T	F
I have delegated, automated or systematized all tasks/jobs I find unpleasant or disagreeable (cleaning, cooking, taxes, etc.)	T	F
There is nothing I am dreading or avoiding. I am complete with all unresolved issues from the past.	T	F
I am beyond striving for specific results; I simply enjoy my life and focus on what fulfills me.	T	F
I use the joy filter for decision making. I say no to the things I don't enjoy or want in my life.	T	F
I have a close circle of friends and family that I love and enjoy.	T	F
I know what makes me happy and I do those activities consistently.	T	F

## References:

"Perfect the Present" Quiz by Talene Miedaner

The Clean Sweep Program - text version: <http://www.drritamarie.com/go/CleanSweepLifeScanDoc>