

SPRINGCLEAN YOUR WHOLE LIFE

This is an exercise that can help you get your life in better balance and be more fulfilled. Encourage yourself to raise your scores by taking appropriate actions in each area.

SPRINGCLEAN YOUR WHOLE LIFE

When you are satisfied with all aspects of your life, you feel happy and energised. Do the SpringClean exercise and find out your score.

Read each section below and put a '1' in the SCORE column for each statement that rings true for you. Put a '0' if it does not. Please be truthful! Feel free to amend the statements to make them more appropriate to your life.

Important *If a statement is not true and could never be true (i.e. it does not apply to you) please score 1 in the box anyway. For example Question 7: If you choose not to be in a partnership, score 1, because this statement does not apply to you.*

When you've completed the exercise, use the formula at the end to add up your score out of a total of 40 points. Send me a copy of your completed SpringClean exercise. We will agree a timescale to work on raising your score to an agreed total during the remainder of the coaching period.

	SCORE
MY PERSONAL LIFE	
1. I have a good relationship with myself.	
2. I have no habits or behaviours which are unacceptable to me.	
3. I am completely reliable.	
4. I spend quality time alone when I wish.	
5. I am confident in my abilities	
MY RELATIONSHIPS	
6. I say no when I need to.	
7. I am satisfied with my relationship with my partner.	
8. I do not hold grudges.	
9. I am content with the amount of time I make for friends and family.	
10 My friends and family love and appreciate me.	

MY PERSONAL ENVIRONMENT	
11. My home is clutter free and clean.	
12. I am able to relax and sleep well in my home.	
13. I am satisfied with my home environment.	
14. I recycle.	
15. My personal papers are filed.	
MY WELL-BEING AND FITNESS	
16. I am satisfied with my body weight, diet and level of exercise.	
17. I do not use any substances (including alcohol, tobacco and caffeine) at an unhealthy level.	
18. I am satisfied I have the right amount of sleep.	
19. I have regular dental, eye and see my GP promptly when necessary.	
20. I am aware of my physical /mental health concerns and am taking care of them.	
MY MONEY	
21. I have created a budget and live within it.	
22. I am satisfied with my financial state.	
23. I pay all my bills on time.	
24. I am aware of my debt and have a plan to pay it off.	
25. I have a longer term financial plan which I am happy with.	
MY WORK	
26. My work fulfils me	
27. I am satisfied with the direction of my career.	
28. I manage my workload well.	
29. I get along well with work colleagues.	
30. I feel appreciated and recognised at work.	
MY LEISURE	
31. I regularly have evenings and weekends free and take my full annual leave entitlement.	
32. I enjoy my life outside work.	
33. I have a form of creative expression.	
34. I am happy with my social life.	

35. I know how to have fun and do regularly.	
--	--

MY PERSONAL DEVELOPMENT	
36. I am following a path of life long learning.	
37. I make my contribution to society/my community.	
38. I take responsibility for my own experience and happiness.	
39. I think positively and take positive action towards my goals.	
40. I live primarily in the present and am not held back by past hurt or regret.	
To get your total: Place cursor before the 0, right click, choose 'update field'.	0