

THE BIG CLEAN UP WORKSHEET

RELATIONSHIPS

- Family
- Friends
- Self
- God, Mother Nature, Spirit, etc.
- Other Significant Relationships

PURPOSE

- Education
- Career
- Next Act

HEALTH

- Financial
- Emotional
- Spiritual
- Physical

QUESTIONS

List three things that are working well in this part of your life:

List three things in this area that aren't working well or you'd like to change in this part of your life:

For each thing you listed in the section above, what's one action you can take towards making an improvement? (Remember, even the tiny steps forward count.)

What actions are you willing to take to clean up this area of your life and by when? Make your deadline reasonable. It's more important to follow through than to overcommit.

How will you celebrate when you've accomplished these things? It can be anything you want - a celebratory meal, 30 minutes of uninterrupted time (ok, maybe 5 minutes), fresh flowers, etc.