

# 360 SELF CHECK PROGRAM

There are four steps to completing this program. Step 1: Answer each question. If the statement is true, check the circle. If not, leave it blank until you've done what it takes. Be rigorous; be a hard grader. Step 2: Color in one of the associated blocks in the graph on the right. Step 3: Print out to track progress. Step 4: Repeat quarterly and measure growth.

## 1. My Body

- My hair is the color, shape, style, and cut that I most love.
- My skin is toned, clear, and glowing.
- My eyes shine and are the color I most want.
- My teeth look great; the color and shape are as I want them.
- I eat only the foods that my body works best with.
- I only eat fresh, healthy, and nourishing foods.
- My fingernails and toenails look perfect and healthy.
- My posture is great: I stand tall and walk gracefully.
- I look 10 years younger than I am. I age slowly.
- I have all the sex I want, and it's great and healthy for both of us.

## 2. My Spirit

- I see the beauty in everything and everyone.
- I listen more than I speak.
- I simply do not get sick.
- I am well connected to spirit, which is my energy source.
- Nothing breaks around me.
- I believe it's possible to get 100 on this without struggling.
- I never raise my voice.
- I walk around feeling overwhelmingly grateful.
- I grasp concepts and ideas quickly; there are no blocks.
- I feel very connected with others.

## 3. My Heart

- I only have happy, loving dreams.
- Every friend I have makes me feel great, all of the time.
- I simply do not have negative thoughts.
- All of my emotional needs are fully taken care of, always.
- I have virtually no concerns, problems, or worries.
- I am light-hearted and delightful to be with.
- I have plenty of love for everyone.
- I protect myself from people who are needy or insensitive.
- I always ask for exactly what I need, before I need it.
- I am fully developed and mature: I no longer react.

## 4. My Self-Care

- I have a facial weekly.
- I have a massage weekly.
- I have my hair trimmed or styled at least monthly.
- I treat myself better than anyone I know.
- I've had my colors done, and my clothes make me look great.
- I only wear natural fibers.
- My phone has a nice ring to it.
- I only wear shined, attractive, and well-heeled shoes.
- I only drink clean water.
- I have my car cleaned professionally, biweekly.

## 4. My Home

- I sleep on 300-thread count sheets or Egyptian cotton.
- I love the view from my home.
- I have the right amount of natural lighting in my home.
- I love the geographic area in which I live.
- There are no environmental toxins in my home.
- My furniture is exactly the way I want it.
- I always have fresh flowers in my home.
- I feel safe, loved, and inspired in my home.
- My home is professionally cleaned weekly.
- I have beautiful art on my walls.

## 6. My Work

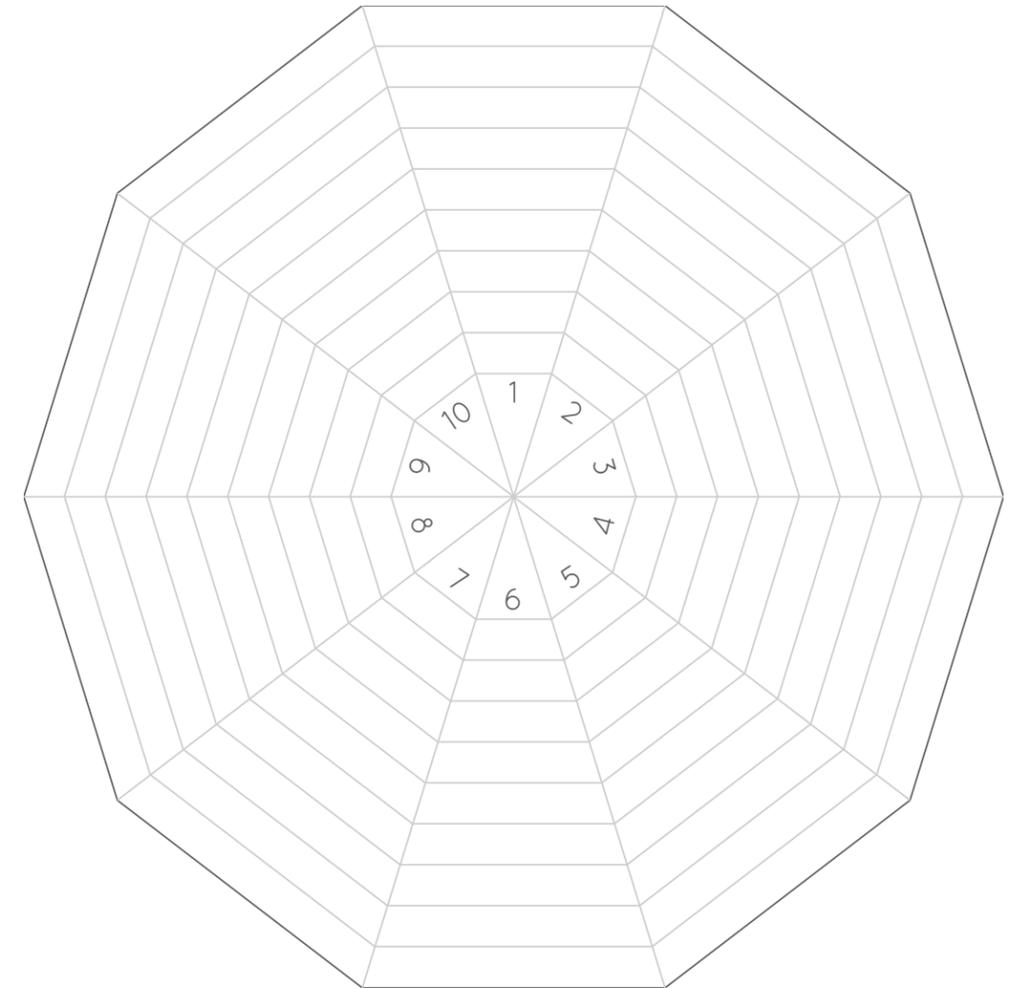
- My work, quite simply, is play. I have no hassles at work.
- My work is a full expression of my top Core Values.
- My files are perfectly neat and orderly.
- I am working on a fulfilling, creative project right now.
- The people I work with respect me and support my work.
- I love my office or work area.
- I have every piece of equipment I need to do a great job.
- I am well trained and am amazingly productive.
- I am well regarded in my field.
- I do my job better than anyone I know in my locale.

## 7. My Quality of Life

- I don't do errands.
- I work out at least three days per week and love it.
- I have more than enough time to do what I want.
- If I wear jewelry, it's only the finest quality.
- Adversity and suffering are foreign concepts to me.
- Every day feels fresh and new; nothing is carried over.
- I am adrenaline-free.
- I have 90% on the Reserve Self Check.
- I am proud of the life I lead.
- I want for nothing.

## 8. My Finances

- I have \$100,000 in savings or liquid investments.
- I earn at least \$100 per hour for my time.
- I have insurance to protect me from what might harm me.
- My taxes are professionally prepared by someone I trust.
- I understand investments fully and am well invested.
- Money is just a detail in my life.
- I give 10 percent of what I make in time or cash to those I love.
- I am saving at least 20 percent of what I make each month.
- My net income is increasing at least 10 percent per year.
- I have no money blocks; I live the idea of abundance.



## 9. My Family and Friends

- I am admired and respected by my family.
- I know all the people I need to know.
- Everyone around me is fulfilled.
- I don't spend time with anyone who disturbs me.
- I love my parents and appreciate what they've done for me.
- My friends and family go out of their way to show their love.
- I treat my children and/or siblings very, very well.
- I protect myself from family and friends who aren't nice to me.
- I've stopped looking for new friends. I have plenty!
- I remember and celebrate my family and friends' birthdays.

## 10. My Mojo

- I seem to be getting points on this program without trying.
- I am a perfectionist, but not compulsive about it.
- People who come into my life seem to be ready for me.
- Everything I need consistently comes to me.
- My plants never die.
- People are always great to me.
- When I want something, I always get it, easily.
- Animals and children are drawn to me.
- Life is easy for me.
- I love this personal perfection program.