

Extreme Self-Care Program

Version 2.0

There are 4 steps to completing the **Extreme Self-Care Program**.™

Step 1: Answer each question. Give yourself credit for completing each item. Be a touch grader. Don't go for the point, go for the Truth. However, if the item does not fit for you, doesn't apply, or you don't agree with it, please re-work or change the items to it does work for you.

Step 2: Summarize each section. Add up the number of checked boxes in each of the 10 sections and write those amounts where indicated, at the end of each section. Then add up all 10 sections and write the current total in the box/area located at the beginning of this program. The max score is 100.

Step 3: Color in the Progress Chart on the front page. For example, if you have 9 checks filled in under the Stress Elimination section, color in the bottom 9 boxes of column 1 of the Progress Chart, and so on. Or you can fill in the boxes that "match" the statement you get credit for.

Step 4: Keep playing until all square are filled in. You can do it! This process may take 30 or 360 days, but you can achieve a perfect score on the Extreme Self-Care Program. Use your coach or a friend to assist you. Update your Progress Chart at least once each year to make sure you are sticking to your Extreme commitment.

PROGRESS CHART

Date	Points (+/-)	Score

EXTREME SELF-CARE PROGRAM 100-POINT CHECKLIST

#	Sections									
	A	B	C	D	E	F	G	H	I	J
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										

Give yourself credit as you get points from the 100-point program. Fill in columns from the bottom up.

Living in today's world places many demands on your body, mind, heart and spirit. The purpose of this program is to guide you as you focus on *yourself* in order to strengthen your balance, wellness, and quality of life. **The key word** in the program title is Extreme. Everyone has their own way of working this program, so please adapt t to meet *your* needs.



The Extreme Self-Care Program™ consists of 100 items which, when completed, will likely result in emotional and physical balance for you. Extreme Self-Care leads to an integration of your life. The 10 areas of the Program are:

- Stress Elimination
- Environment/Family
- Pleasure
- Health & Emotional Balance
- Special Care Items
- Support/Experts
- Ingestion
- Appearance
- Sustainability
- Daily Rituals

A. Stress Elimination

*Note that the section title is Stress **Elimination**, not Stress **Reduction**.*

- If my job, business or profession is harming me and I can't seem to make it completely stress-free, I have quit, sold it, or am changing professions.
- I have made a list of the 10 promises that I have made to others that are causing me stress, even if it's stress that I can handle.
- I have revoked or revised all 10 of these promises and have worked it out with the people involved.
- I have identified the 3 primary sources of my current stress (people, roles, expectations of others).
- I have completely eliminated these 3 items.
- I have cut out most volunteer or pro bono activities, unless they directly support all of my life.
- I have a house cleaner.
- Someone else runs my errands, or if I run them, I find extreme joy and ease in doing so.
- All bills, paper, and electronic tasks have been outsourced or handled electronically and/or I have an assistant who handles everything administratively, automatically.
- Any legal, tax, or financial problems have been completely resolved.

____ Number of boxes checked (max 10)

B. Environment/Family

We are a product of our environment. And, we have the option of designing and educating our environment(s) to be exactly what is best for us.

- I live in a nurturing home environment.
- My computer is backed up weekly, at minimum.
- My pets (if any) add energy to my life.

- My spouse (if any) adds energy to my life.
- My children (if any) add energy to my life.
- There is absolutely NO clutter/messes in or around my home or office.
- Everything is fully and properly organized and filed in my home and office. (Everything!)
- I am fully aware of every aspect of my physical environment and draw energy from it.
- I fully respond to my environment. If something goes wrong, I quickly learn from the experience and immediately grow.
- If I don't like something, I fix it. Now.

____ Number of boxes checked (max 10)

C. Pleasure

You know what makes you feel great! Write down your top 10 favorite personal, whimsical, intellectual and entertainment pleasure below.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

____ Number of boxes checked (max 10)



D. Health & Emotional Balance

The list below contains physical and emotional wellness steps.

- I have "given up" the future; I am living in the here and now, not chasing anything.
- I utilize experts in physical health every 1-3 years (physical exams, etc.)
- I have worked with a nutritionist to determine the best nutritional needs for my blood chemistry.
- I exercise 3-7 times a week for at least 30 minutes, hiring a personal trainer if necessary to keep me on track.
- If I react to others or to problems, I have gotten to the source of the emotional reaction.
- I have excellent posture, move naturally, and my body is well balanced and integrated.
- I eat extremely well, taking the necessary steps to ensure that this continues.
- I am calm. I am adrenaline-free.
- I have arranged to be lovingly touched or held several times per week, each time for as long as I need it.
- I know what motivates me.

_____ Number of boxes checked (max 10)

E. Special Care Items

On the lines below, please write in the special needs or wants that you have that you haven't seen elsewhere in this program. Use your imagination and, of course, be very, very selfish. (Examples might be: "I experience self-love everyday." "I have completed the Personal Freedom Program to build in the standards and supports I need.")

- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____

_____ Number of boxes checked (max 10)

F. Support/Experts

Extreme Self-Care is made possible by the investment you make in all areas of your life and also the investment you make in the services of experts.

- I am working with a personal coach who has a track record of helping others practice Extreme Self-Care, and who walks the talk.
- I have worked with a chiropractor or similar professional who has removed any energy blocks.
- If needed, or beneficial, I am in therapy with an expert in my area of primary concerns.
- I have a supportive spiritual life & relationship (with God, or the equivalent for you).
- I am expertly massaged twice a month.
- I have been to a dermatologist and had the skin on every part of my body thoroughly examined.
- I have a dentist I visit regularly who takes exquisite care of my teeth.
- I have a friend or family member who is always a source of unconditional support and love for me.
- If I have money concerns or problems, I have worked them out completely, using an expert or team of experts.
- I have a contact list of 100 experts that I can call on for assistance. (See the Team 100 checklist for a list of 100 experts.)

_____ Number of boxes checked (max 10)



G. Ingestion

Open mouth, insert Extreme Self-Care.

- I drink at least ½ gallon of spring water each day.
- I am aware of, and take steps to maintain, the cellular health of my body, including glyconutrients, supplements, etc.
- I take a nutritionist-recommended multivitamin daily.
- I do not smoke.
- I rarely drink alcohol or use drugs.
- I do not use caffeine.
- I have eliminated most meat and dairy (if medically appropriate) from my diet.
- I rarely eat sugar.
- I rarely eat processed foods.
- I treat my body as the temple that it is.

_____ **Number of boxes checked (max 10)**

H. Appearance

Extreme Self-Care includes the outside part of you, not just the inside.

- I only wear clothing that makes me look great. I have tossed or donated all the rest.
- My hair is styled and/or colored exactly as I want it to be.
- I have my nails professionally manicured.
- I have had my colors analyzed and my wardrobe colors flatter my skin tone.
- If I want/need hair removed, I am using the professional services of someone licensed to do this.
- If I am sensitive about the amount of hair I have, I have taken steps to change this – i.e. hair transplant, weave, or similar.
- I have (or give myself) facials at least monthly.
- I only wear great shoes.
- My body is in excellent shape, toned, and exercised regularly. I am proud of my body.
- My teeth look great and I smile broadly at every opportunity.

_____ **Number of boxes checked (max 10)**

I. Sustainability

Part of the Extreme Self-Care process is to integrate the changes that you are making so that they become natural, sustainable behavior for you, not just a temporary effort.

- I am working on the Personal Freedom Program (available at www.personalfreedomprogram.com).
- I am working on the Attraction Program (available at www.attractionu.com).
- I have gotten my needs met completely.
- I have restructured my finances (cut expenses, increased income) so that I have absolutely no financial concerns and money does not drive my decisions.
- I have worked through all of the parent/sibling/upbringing issues I have. I am not living in, or being blindly guided by, the past.
- I am resolved and healed from whatever damage that was done to me prior to today.
- I say NO easily.
- As a part of the Extreme Self-Care process I have radically raised my personal standards.
- Everyone around me is on a similar Extreme Self-Care track as I am. No one is sabotaging my efforts or me.
- I know what my strengths are and I have installed support systems to do for me what I can't, won't, or don't do for myself.

_____ **Number of boxes checked (max 10)**

J. Daily Rituals

Extreme Self-Care is a daily process, not just a one-time program.

- I stretch daily.
- I have a relaxing bedtime ritual so that I fall asleep with a smile on my face.
- I floss well daily.
- My getting-up routine is nourishing and deliberate, free from pressure.
- I make sure that my days are spent doing what I most want to do, not what I should be doing or what others expect of me.
- I underpromise, consistently – I don't get caught up in the performance/catch-up trap.
- I have something wonderful to look forward to each evening.
- I have time in my scheduled set aside just for me, and I honor this just as I would an appointment with someone else.
- I am physically active each day.
- I don't lose touch with myself during the day.

_____ **Number of boxes checked (max 10)**

