

Extreme Self-Care Program

Instructions

There are four steps to completing the **Extreme Self-Care** program.

Step 1: Answer each question.

Give yourself credit for completing each item. Be a tough grader. Don't go for the points—go for the truth. However, if the item does not fit for you or doesn't apply, or if you don't agree with it, please just reword or change the item so it does work for you.

Step 2: Summarize each section.

Add up the number of checked circles in each of the 10 sections and write those amounts where indicated. Then add up all 10 sections and write the current total in the progress chart. The maximum score is 100.

Step 3: Color in the checklist.

If you have nine checks filled in under the Stress Elimination section, for example, color in the bottom nine boxes of column A of the checklist, and so on. Or you can fill in the boxes that match the statement you get credit for.

Step 4: Keep playing until all boxes 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. And update once a year.

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 his or her own way of working this program, so please adapt it to meet your needs.

The Extreme Self-Care program consists of 100 items that, when completed, will likely result in emotional and physical balance for you.

The 10 areas of the program are:

- A. Stress elimination
- B. Environment and family
- C. Pleasure
- D. Health and emotional balance
- E. Special care items
- F. Support and experts
- G. Ingestion
- H. Appearance
- I. Sustainability
- J. Daily rituals

A. Stress Elimination

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

Number of circles checked (10 max) _____

- If my job, business, or profession is harming me and I can't seem to make it completely stress-free, I have quit, have 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 all 10 of these promises and have worked something else out.
- I have identified the three primary sources (people, roles, others' expectations) of my current stress.
- I have completely eliminated these three items.
- I have cut out most volunteer activities, unless they directly support all of my life.
- I have a house cleaner.
- Someone else runs my errands.
- All bills, paperwork, and administrative tasks have been outsourced and are electronically handled and/or I have an assistant who handles everything administratively, automatically.
- Any legal, tax, or financial clouds or problems have been completely resolved.

B. Environment and Family

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

Number of circles checked (10 max) _____

- I live in a nurturing home environment.
- My computer is backed up weekly.
- 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 or messes in or around my home or office.
- Everything is fully and properly organized and filed in my home and office. (Everything!)
- I'm 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.

C. Pleasure

You know what makes you feel great, so please write down your 10 favorite personal, whimsical, intellectual, and entertainment pleasures here.

Number of circles checked (10 max) _____

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

D. Health and Emotional Balance

The list below contains physical and emotional wellness steps

Number of circles checked (10 max) _____

- I have “given up” the future; I am living in the here and now, and I am not chasing anything.
- I have a complete physical exam every one to three years.
- I have had a complete blood work up and discussed the results with a licensed nutritionist.
- I exercise three to seven times a week for at least 30 minutes, even if I have to hire a trainer 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, I move naturally, and my body is well balanced and integrated.
- If I am not eating perfectly, I have arranged nutritionally correct prepared food to be delivered twice weekly.
- 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.

E. Special Care Items

On the lines provided, 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.

Number of circles checked (10 max) _____

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

F. Support and 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.

Number of circles checked (10 max) _____

- 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 practitioner who has removed any energy blocks.
- I have been Rolfed or have undergone a similar treatment.
- If needed or beneficial, I am in therapy with an expert in my area of primary concern.
- I have been to a dermatologist and had the skin on every part of my body thoroughly examined.
- I have a supportive relationship with God (or my personal equivalent).
- I am expertly massaged twice a month.
- 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 Rolodex of 100 experts that I can call on for assistance (see the Team 100 checklist for a list of 100 experts).

G. Ingestion

Open mouth, insert extreme self-care.

Number of circles checked (10 max) _____

- I drink at least half a gallon of spring water each day.
- I take time-release Vitamin C (500–1,000 mg) daily, if recommended.
- I take odorless garlic daily.
- I do not smoke.
- I rarely drink alcohol or use drugs.
- I do not use caffeine.
- I have eliminated most meat and dairy products (if medically appropriate for me) from my diet.
- I take a nutritionist-recommended multivitamin daily.
- I rarely eat sugar.
- I treat my body like the temple that it is.

H. Appearance

Extreme self-care includes the outside part of you, not just the inside.

Number of circles checked (10 max) _____

- I have tossed every single article of clothing that does not make me look great.
- My hair is styled and/or colored exactly as I most like it.
- I have my nails professionally manicured.
- I have had my colors done, and my wardrobe colors flatter my skin tone.
- If I want or need hair removed, I am seeing a licensed electrolysis expert (or similar practitioner).
- I've had a hair transplant/weave or a similar procedure if I am sensitive about the amount of hair I have.
- I have (or give myself) facials at least monthly.
- I wear only 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.

I. Sustainability

Part of the extreme self-care process is to integrate the changes that you are making so that they become natural behavior for you, not just a temporary effort.

Number of circles checked (10 max) _____

- I am working on the Personal Foundation program (available from Coach U Inc.).
- I am working on the Irresistible Attraction program (available from Coach U Inc.).
- I've 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 my parent/sibling/upbringing issues in therapy. I am not living according to, or being blindly guided by, the past.
- I have 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. 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.

J. Daily Rituals

Extreme self-care is a daily process, not just a one-time program.

Number of circles checked (10 max) _____

- I stretch daily.
- I have a relaxing pre-bedtime ritual (reading, music, touch, etc.) so I fall asleep with a smile on my face.
- I floss well, twice daily.
- My routine upon rising is nourishing and deliberate; it's not influenced by 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 or catch-up trap.
- I have something wonderful to look forward to each evening.
- I have specially identified time just for me in my schedule.
- I am physically active each day.
- I don't lose touch with myself during the day.