

Buff It Up! Program

BUFF = PERFECTION + PERSONAL STYLE

The Buff It Up! Program is a self-paced personal development program for the individual who wants - and is ready -- to have it all and **have it all right now.**

The Buff It Up! Program targets 10 areas of your life, as listed below.

This 4-page worksheet is designed to be used in conjunction with a coach trained to deliver this program. Also, many people find that this program is more realistic after they've completed the Personal Foundation Program, also available from Coach U.

The 10 areas on which you will be working are:

- 1) My Body
- 2) My Spirit
- 3) My Heart
- 4) My Self-Care
- 5) My Home
- 6) My Work
- 7) My Quality of Life
- 8) My Finances
- 9) My Family/Friends
- 10) My Magic

Notice: This is a VERY rigorous program. Take it one piece at a time. Your "first score" may be less than 10 or 20. Do not worry. You'll get to 70, 80, or 90+ sooner than you may think. Once started, the personal buff process carries its own momentum.

Instructions for this program are on the last page.

PROGRESS CHART

Date	Points (+/-)	Score

BUFF IT UP! 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.

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, shape is, 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.

___ Number of boxes checked (10 max)

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.

___ Number of boxes checked (10 max)

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, period.

___ Number of boxes checked (10 max)

4) MY SELF-CARE

- I have a facial weekly.
- I have a massage weekly.
- I have my hair trimmed/ styled at least monthly.
- I treat myself better than anyone I know.
- I've had my colors done & 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.

___ Number of boxes checked (10 max)

5) 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 am thrilled with 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.

___ Number of boxes checked (10 max)

6) MY WORK

- My work, quite simply, is play. I have no hassles at work.
- My work is a full expression of my top 4 Tru 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.

___ Number of boxes checked (10 max)

MY QUALITY OF LIFE

- I don't do errands.
- I work out daily 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.
- Everyday feels fresh and new; nothing is carried over.
- I am adrenaline-free.
- I have 95+ on the Reserve Index.
- I am proud of the life I lead.
- I want for nothing.

___ Number of boxes checked (10 max)

7) 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% of what I make in time or cash to those I love.
- I am saving at least 20% of what I make, each month.
- My net income is increasing at least 10% per year.
- I have no money blocks; I live the idea of abundance.

___ Number of boxes checked (10 max)

8) MY FAMILY/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/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/friends who aren't nice to me.
- I've stopped looking for new friends. I have plenty!
- I remember and celebrate my family/friends' birthdays.

___ Number of boxes checked (10 max)

9) MY MAGIC

- 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.

___ Number of boxes checked (10 max)

INSTRUCTIONS

There are 4 steps to completing the **BUFF IT UP! PROGRAM.**TM

Step 1: Answer each question. If the statement is true, fill in the square. If not, leave it blank until you've done what it takes. Be rigorous; be a hard grader. If the item does not apply or will never be true for you, fill it in anyway. Give yourself credit. (You may do this with up to 5 items.) **And, feel free to rewrite or reword up to 5 of the items in this program to better suit you, your needs and your life.**

Step 2: Summarize each section. Add up the number of filled in squares for each of the 10 sections and write those amounts where indicated. Then add up all 10 sections and write the current total in the box on the first page of this form.

Step 3: Color in the Progress Chart on the first page. If you have 5 circles filled in the My Body section, for example, color in the bottom 5 boxes, and so on. Always start from the bottom up. The goal is to have the entire chart filled in. In the meantime, you have a current picture of how you are doing in each of the 10 areas.

Step 4: Keep playing until all boxes are filled in. This process takes between 6 months - 5 years, but you can do it!! Use your coach or advisor to assist you. And check back quarterly for maintenance. ****Also, please note that if any of the categories don't "fit" with you, cross them out and fill in what DOES work for you!!! Most of all have FUN with this!!

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