

# BE BAD

A common myth of proper health is the obligation to always be “good.” Being “good” can mean different things for different people, but it usually translates to following the rules, being a “good” person/parent/friend by putting everyone before you, conforming to societal norms and behaviors, and doing everything perfectly. This impulse to be “good” can get in the way of focusing on wants and needs, and can lead to a lack of fulfillment.

For clients who are especially prone to putting others first or obsessing over perfection, we recommend coaching them with this assignment – “Do one bad thing this week.” Maybe they can play hooky to indulge in some self-care, or make an innocent prank call! It can be a freeing experience that reveals their true desires!

The quote on the next page can be given to a client at any point in the program, but we recommend providing it early in the program. Many clients post the quote to their refrigerator or computer screen as a reminder of their potential after success.

## Directions

You have three ways that you can present this quote to your clients:

1. You can simply print out page 2 of this pdf and hand it to your clients.
2. You can make a copy of this pdf file, delete the first page, keep the second page, and then email the pdf to your clients.
3. You can copy and paste the text of the quote into a new document.

**If this quote doesn't speak to you, we encourage you to provide a different quote or motivational piece.**



One of my clients is working on the fact that she believes that being good is her highest priority. So I've been coaching her lately to be bad. Why? Because **people are not perfect**, and we shouldn't pretend to be. In a way it is inauthentic to live life pretending to be so perfect. That is the real lack of integrity.

We decided that she would try doing one "bad" thing every day. Being bad is defined as something she feels that she shouldn't do. (I'm not coaching her to rob a bank or anything.)

She's starting out slowly, and so far has deleted two days' worth of incoming emails.

The purpose behind this exercise is to put her back in charge of her life instead of her belief system, about being good and full of integrity, being in charge of her life. It's not about pleasing other people. It's about pleasing herself.

So my question is: Do you have the disease to please? What does being bad mean to you?

**Is it sleeping in, ignoring phone calls, skipping the gym, or eating chocolate? How can you implement a little of "being bad" into your life?**

- Thomas Leonard

