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!

Directions:
Copy and paste this text into an email or new document to present to a client. If it 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?

Adapted from an article by Thomas Leonard.