

BE BAD

A common health myth is that we always have to be “good,” eat perfectly, and act perfectly. Being “good” means different things to different people, but it usually means following the rules, being a “good” person by putting everyone else before yourself, conforming to societal norms and behaviors, and doing everything perfectly. The self-imposed obligation to be “good” can get in the way of our true desires, and can lead to a lack of fulfillment.



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?

Excerpted from Thomas Leonard