

BEING BAD

Do you believe that being good and perfect is one of your highest priorities? Do you feel guilt and shame around things that you'd like to do but have been told are wrong?

If so I want you to start thinking about ways you can 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. Plus it is a huge burden for one person to carry – putting on this façade that you “have got this” ALL the time.

In my effort to break down my perfectionism, I committed to doing one “bad” thing every day. Being bad is defined as something you feel that you shouldn't do. Obviously I'm not talking about breaking laws!

I started out slowly - with deleting emails I didn't want to read, unsubscribing to the self-help and business emails I felt compelled to read, saying no to things I knew I didn't want to do but felt guilty if I didn't say yes to. So far so good!

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

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? Make a big long list of what being bad looks like for you.

How can you implement a little of “being bad” into your life? Start with one “bad” thing a week.