CLASS ONE	CLASS THREE
Things that feel good and that are good for me	*Things that may feel good (in the moment / at the time) but are not good for me*
budgeting travel celebrating accomplishing a goal connection contributing gratitude sex dancing & laughing personal development (this is our ideal life, what we all strive towards)	beer / wine / other recreational drug use fast food junk food social media Netflix distractions not budgeting excessive shopping (in person or virtually) sex (often looking for a feeling/self-indulgence)
CLASS TWO	**CLASS FOUR**
Things that do not feel good but are good for me	*Things that do not feel good and are not good for me*
exercise / physical activity food prep hard conversations waking up early / going to bed early taking risks breaking bad relationships setting boundaries saying no self care / self-awareness budgeting talking to healthcare professionals (we want to spend*80% of our time here)	negative self-talk gossip overeating / undereating complaining judging Letting other people's opinions have a hold on us the constant need for certainty self-harm avoiding mental and physical health (majority of time cannot be spent here)

line of integrity (with ourselves) when we cross over into class 3 & 4 things, we often feel out of alignment with our values and beliefs.

** This is not an all-inclusive list; these are merely examples.
Each person will have their own individualized list of "things" for each category.

Note: The Four Agreements by Don Miguel Ruiz is an incredible short read that speaks about how we have integrity with ourselves. It's a wonderful read that complements this exercise.