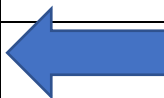


<u>CLASS ONE</u>	<u>CLASS THREE</u>
<i>Things that feel good and that are good for me</i>	<i>Things that may feel good (in the moment / at the time) but are not good for me</i>
(this is our ideal life, what we all strive towards)	(often looking for a feeling/self-indulgence)
<u>CLASS TWO</u>	<u>CLASS FOUR</u>
<i>Things that do not feel good but are good for me</i>	<i>Things that do not feel good and are not good for me</i>
(we want to spend*80% of our time here)	(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.