



Session # 6: Action Guide

Being Naughty!

Be Naughty Menu: Nourishing Your Rebellious Inner Child

1. Cut the “DO NOT REMOVE” tag from your mattress.
2. Have sex outside or in the car
3. Give your kid a mohawk without telling your spouse.
4. Play hookie from everything—phone, work, email, making the bed...
5. Draw a mustache on a poster.
6. Go to the movies one hour early and sneak into the other theaters to watch the end of the other movies.
7. Wear a short skirt with no panties.
8. Go through the express lane at the grocery store with more than 10 items.
9. Offer a friend vanilla ice cream but instead give them a scoop of mashed potatoes on a cone.
10. Make up a personality and introduce yourself to a stranger without breaking character.
11. Try washing something that says “dry clean only” (be careful with this one—I have certainly gotten myself in trouble with this defiance!)
12. Prank call your mom.
13. Put the dishes in the dishwasher anyway you want!
- 14.
- 15.



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My Personal Nourishment Menu

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Action Steps

1. Create my own Nourishment Menu
2. Add a couple of my own ideas to the Be Naughty Menu
- 3.
- 4.
- 5.