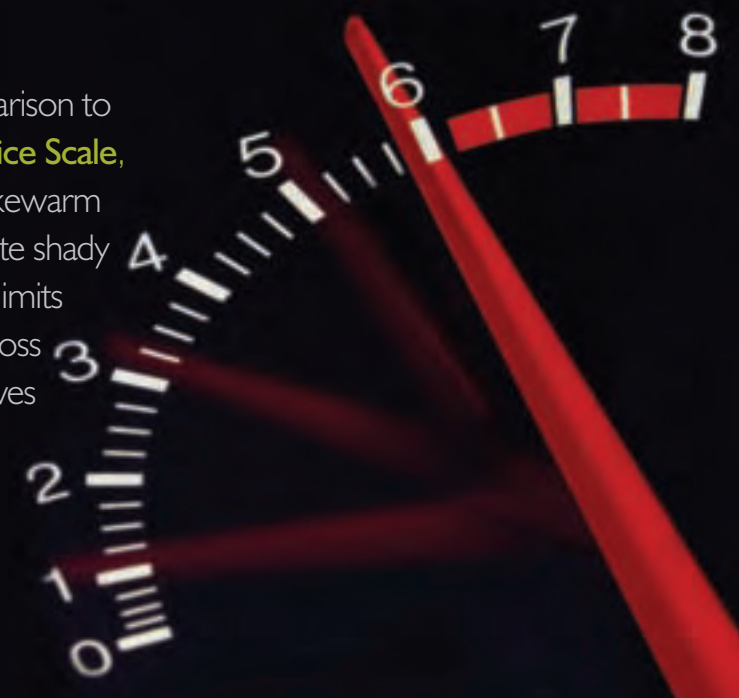


Virtues & Vices

We all have habits that we should kick, but obviously some are worse than others.

To gauge where your vices rank in comparison to others, take a peek at the **Naughty or Nice Scale**, which ranges from the boiling point to lukewarm at best – the boiling point being the ultimate shady vice. Your temptations may not be as off-limits as you think, but if they're beginning to cross the line, we've got some virtuous alternatives to each of your vices. Read on to see if your steamy temptations are reaching the boiling point.



- 1**
 Giving in to another piece of chocolate cake
- 2**
 Calling in sick for work “just because”
- 3**
 Plumping up with Botox
- 4**
 Sending flirty text messages to an old fling
- 5**
 Sabotaging a colleague at work
- 6**
 Trashing your BFF to another friend
- 7**
 Indulging in outrageous spending sprees
- 8**
 Sleeping with your married boss



Virtuous alternative:
 It's necessary to spoil yourself with something sweet every once in a while, but the key is not to overindulge. Not only is it unhealthy, but it also takes away some of the excitement when you really do want to indulge. Instead, keep a few chocolate mints close by to quell those unexpected chocolate cravings.

Virtuous alternative:
 Experiencing exhaustion from the everyday grind is completely normal, but if you need a break, don't lie to your boss. Instead, try speaking to them openly and discuss your options, like leaving earlier one day and making up the hours on another day when you're feeling more refreshed.

Virtuous alternative:
 As time passes, it's inevitable that we will all age, but we should look forward to embracing our changing looks. Instead of trying to look younger and going overboard with Botox injections, stay out of the sun and pile on the SPF to ensure your skin is healthy for years to come.

Virtuous alternative:
 A little flirting never hurt anyone and it's definitely fun to relive what you once had – but you're probably not with them anymore for a reason. Instead of dwelling on the past, why not use that energy and find a new prospect to flirt with... and maybe more!

Virtuous alternative:
 Having drive and being ambitious is key to a successful career, but it's hard to enjoy it when you take things too far. It's no fun getting ahead by cheating, so instead, learn to work with your colleagues and appreciate that each team member brings something unique to the mix. Collaboration will bring out the best in everyone.

Virtuous alternative:
 They've always been there for you; do you really want to hurt the one true friend you have? Instead of trashing your BFF behind their back when they've done something you don't agree with, talk it out. It's best to clear the air instead of spreading gossip.

Virtuous alternative:
 Shopping is certainly fun, especially when you make that purchase you've been longing for. However, it starts getting dangerous when those purchases happen more often than you can afford. Try setting aside a small budget every month and use it either to treat yourself to something small, or wait until the end of the year to make a bigger purchase.

Virtuous alternative:
 Your boss may be irresistible, but it's best to stay away from anyone who's married, ESPECIALLY your boss. Mixing business with pleasure is never a good idea. Not only are you hurting yourself, but you're also hurting your boss's spouse – and potentially their family. Make sure all your friends know that you're open to being set up and then distract yourself with a steamy romance novel!