

# SELF-FIDELITY PLAYBOOK

**UPLIFT YOUR WORKING LIFE**



**CASSANDRA GOODMAN**



## WELCOME! I AM SO GLAD YOU ARE HERE.

Our working lives are a pilgrimage of discovery. A pilgrimage that shapes who we are and the way we think and feel about ourselves and all others. A pilgrimage that can illuminate how we might best serve the troubled world we inhabit.

This playbook is an invitation to create an uplifting working life. A working life that honours our humanity and nourishes our hearts, minds, bodies and souls. A working life that supports us to better serve our colleagues, customers, friends and family. A working life that works in harmony with our other big loves and the delicate ecosystems we inhabit. A working life that tumbles and brings forth the brilliant jewels buried deep inside of us.

Together, we will...

**WAKE UP** to the reality we find ourselves in

**LET BE** our essential nature as human beings

**LET GO** of the things that weigh us down

**LET IN** the nourishment we need to lift

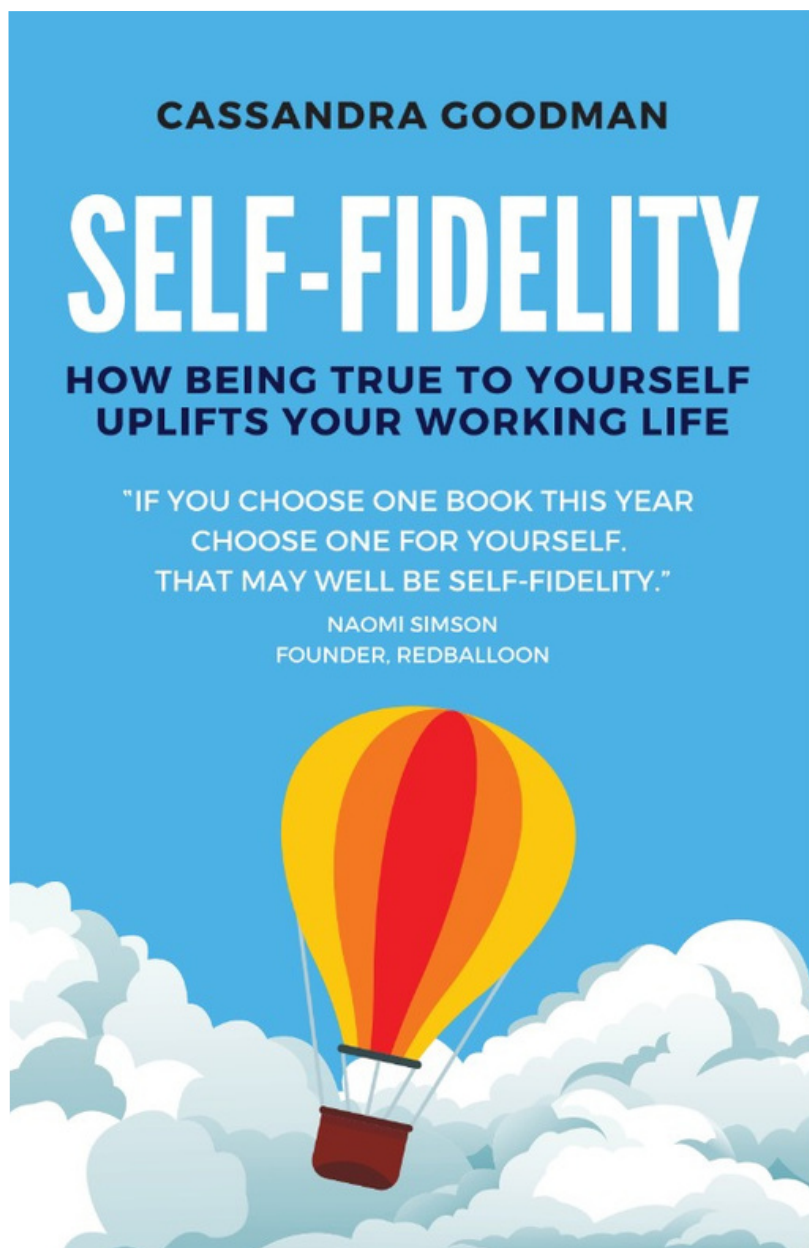
John Mellencamp sang, 'Oh yeah, life goes on, long after the thrill of living is gone.' So many of us feel we have no choice but to settle for a kind of half-dead existence. But life does not have to be this way. Through the practice of self-fidelity, we can rediscover the thrill of living – through our work. This is what I offer through this book and the community of thrill-seeking pioneers it is bringing together.

## HOW TO USE THIS PLAYBOOK

This playbook has been designed to accompany my book *Self-Fidelity*.

You can purchase *Self-Fidelity* at [www.self-fidelity.com](http://www.self-fidelity.com).

Join the growing global Self-Fidelity community here: [www.facebook.com/groups/selffidelity](https://www.facebook.com/groups/selffidelity).



## WAKING UP: BEING PRESENT

When we are in a trance, we are not fully aware of our present-moment inner or outer reality.

We can learn to break the spell of a trance to become present.

When we are present, we can reconnect to our true nature.

When we reconnect to our true nature, life is vivid and we can access our vast potential.

Which of the waking up practices resonate the most for you?

How will you practise experiencing presence?

Is there something you need to give yourself permission to feel or experience?

How will you support yourself to honour your commitment to practice?

### YOUR COMMITMENT TO PLAY

## OUTSIGHTS

What does it feel like to be present?

What else do you now know in a deeper way?

## GETTING TO THE HEART OF THE MATTER

What new possibilities might emerge if you were to experience presence more often?

How might being present more often uplift your working life?

How might being present more often uplift others in your life?

**In moments of true presence, what is your experience of who you *really* are?**

## UPLIFTING INSIGHTS

## WAKING UP: ATTACHMENTS

Attachments become unhelpful when they no longer serve us.

We can let go of beliefs, stories or relationships that no longer serve us.

It is possible to detach in a way that is loving.

Awareness is the first step in letting go.

Every small moment of awakening builds confidence and clarity.

How might you become more aware of your attachments and whether they serve you?

Is there something you need to give yourself permission to feel or experience?

YOUR COMMITMENT TO PLAY

## OUTSIGHTS

How do you know when an attachment is not good for you?

What else do you now know in a deeper way?

## GETTING TO THE HEART OF THE MATTER

What are your heaviest attachments?

How might letting them go uplift your working life?

How might letting them go uplift others in your life?

**What might be possible if you were no longer constrained?**

## UPLIFTING INSIGHTS

## WAKING UP: BELIEFS

Beliefs are just thoughts we keep on thinking.

Our beliefs prove themselves right.

Beliefs can weigh us down or lift us up.

Humans have a strong tendency to cling to our beliefs.

We can choose different thoughts and form new beliefs.

Choosing different thinking begins with awareness.

How might you become more aware of your beliefs?

How might you choose different ways to think, as a result of this awareness?

Is there something you need to give yourself permission to feel or experience?

### YOUR COMMITMENT TO PLAY



## OUTSIGHTS

How do you know when a certain way of thinking is weighing you down?

What else do you now know in a deeper way?

## GETTING TO THE HEART OF THE MATTER

What are the heaviest beliefs you carry?

How might letting them go uplift your working life?

How might letting them go uplift others in your life?

**What might be possible if you refused to weigh yourself down?**

## UPLIFTING INSIGHTS

## WAKING UP: THE VOICES IN OUR HEADS

The voices in our heads can keep us stuck, small and over time, make us sick.

None of the voices in your head are the 'real you'.

We can get to know the voices in our heads.

Identifying predictable stories and songs is the first step.

With awareness, presence and practice the voices in our head lose their power.

How might you become more aware of the thoughts, voices and stories in your head?

How will you practise observing them?

How will you support yourself to honour this commitment?

Is there something you need to give yourself permission to feel or experience?

### YOUR COMMITMENT TO PLAY

A large empty rectangular box with a yellow border, intended for writing a commitment to play.

## OUTSIGHTS

How do you know when the voices in your heads are influencing you?

What else do you now know in a deeper way?

## GETTING TO THE HEART OF THE MATTER

What are the most limiting inner stories and songs in your head?

How might observing your inner dialogue (rather than seeing it as instructions on how to behave) uplift your working life?

How might observing your inner dialogue uplift others in your life?

**What might be possible if you stopped believing the voices in your head?**

## UPLIFTING INSIGHTS

## LETTING BE: BEING WORTHY

Remembering our worthiness is an ongoing practice.

Learning to accept all of ourselves supports us to *think* we are worthy, and to *feel* worthy.

We feel worthy when we remember our enough-ness.

In what situations at work might you benefit from feeling worthy?

How might you remember your enough-ness in these situations?

What will you play around with to help you remember? When will you do this?

How will you support yourself to honour this commitment?

Is there something you need to give yourself permission for?

### YOUR COMMITMENT TO PLAY

## OUTSIGHTS

How do you know when you are in touch with your inherent worthiness?

What else do you now know in a deeper way?

## GETTING TO THE HEART OF THE MATTER

What new possibilities might emerge if you felt worthy more often?

How might being connected with your worthiness uplift your working life?

How might being connected with your worthiness uplift others in your life?

When you remember your worthiness, what other elements of your essential nature emerge?

**If, in your own mind, your worthiness was irrefutable, what would this mean?**

## UPLIFTING INSIGHTS

## LETTING BE: BEING VULNERABLE

Inhabiting our vulnerability is an ongoing practice.

Connecting to a sense of all-right-ness can help us to handle discomfort, risk and uncertainty.

We can all increase our discomfort-tolerance.

Our discomfort and inner voices of fear are loudest when we are crossing important thresholds.

We can ask ourselves: can I be with this discomfort?

What do you believe to be true about vulnerability at work?

Are there situations at work where inhabiting your vulnerability may be of benefit?

What will you play with to inhabit your vulnerability?

How will you support yourself to honour this commitment?

Is there something you need to give yourself permission for?

YOUR COMMITMENT TO PLAY

## OUTSIGHTS

How do you know when you are inhabiting your vulnerability?

What else do you now know in a deeper way?

## GETTING TO THE HEART OF THE MATTER

What new possibilities might emerge if you were to inhabit your vulnerability more often?

How might inhabiting your vulnerability uplift your working life?

How might inhabiting your vulnerability uplift others in your life?

When you inhabit your vulnerability, what other elements of your essential nature emerge?

**If, in your own mind, your vulnerability was an unquestioned source of strength, what would this mean?**

## UPLIFTING INSIGHTS

## LETTING BE: BEING CARING

### UNDERSTANDING TO UPLIFT

Remembering our caring, warm-hearted nature is an ongoing practice.

Great leadership is about finding the courage to care and inspiring *heartcount*.

To thrive we need three types of relationships - with a close confidant, good friends and a like-minded community.

What do you believe to be true about being caring at work?

In what situations at work might being more caring be beneficial?

How might you connect with your warm-heartedness in these situations?

What specifically will you play around with first? When will you do this?

How will you support yourself to honour this commitment?

Is there something you need to give yourself permission for?

#### YOUR COMMITMENT TO PLAY



## OUTSIGHTS

How do you know when you are in touch with your caring nature?

What else do you now know in a deeper way?

## GETTING TO THE HEART OF THE MATTER

What new possibilities might emerge if you felt free to care?

How might being caring uplift your working life?

How might being caring uplift others in your life?

When you're being caring, what other elements of your essential nature emerge?

**If, in your own mind, your caring nature was undeniable, what would this mean?**

## UPLIFTING INSIGHTS

## LETTING BE: BEING CREATIVE

Creativity is a standard function of the human brain.

To solve the complex challenges we face, it is essential we harness our creativity.

Remembering and reconnecting to our inherent creativity is an ongoing practice.

What do you believe to be true about being creative at work?

In what situations at work might you benefit from being creative?

How might you connect with your creativity in these situations?

What specifically will you play around with first? When will you do this?

How will you support yourself to honour this commitment?

Is there something you need to give yourself permission for?

### YOUR COMMITMENT TO PLAY

## OUTSIGHTS

How do you know when you are in touch with your creativity?

What else do you now know in a deeper way?

## GETTING TO THE HEART OF THE MATTER

What new possibilities might emerge if you were to harness your creativity more often?

How might being creative uplift your working life?

How might being creative uplift others in your life?

When you are being creative, what other elements of your essential nature emerge?

**If, in your own mind, your creativity was irrefutable, what would this mean?**

## UPLIFTING INSIGHTS

## LETTING BE: BEING PLAYFUL

Work does not work without play.

The opposite of work is not play – it's depression.

Reconnect with your playful nature by taking small steps and finding a safe place to play.

In what situations at work might you benefit from being playful?

How might you connect with your playfulness in these situations?

What specifically will you play around with first? When will you do this?

How will you support yourself to honour this commitment?

Is there something you need to give yourself permission for?

### YOUR COMMITMENT TO PLAY

## OUTSIGHTS

How do you know when you are in touch with your playfulness?

What else do you now know in a deeper way?

## GETTING TO THE HEART OF THE MATTER

What new possibilities might emerge if you were playful more often?

How might being playful uplift your working life?

How might being playful uplift others in your life?

When you are being playful, what other elements of your essential nature emerge?

**If, in your own mind, your playful nature was irrefutable, what would this mean?**

## UPLIFTING INSIGHTS

## LETTING GO: I AM NOT ENOUGH

Does the belief 'I am not enough' influence your choices and actions?

### BURNING QUESTIONS

How might letting go of this belief uplift your working life?

How might letting go uplift others in your life?

Is there something you need to give yourself permission for, in order to let it go?

### YOUR REFLECTIONS

What might shift in your working life if you were to *respond* from worthiness, instead of *reacting* from not-enough-ness?

What new possibilities might emerge if you no longer believed the thought 'I am not enough'?

What might you choose to *think* and *believe* instead?

### UPLIFTING INSIGHTS

### YOUR COMMITMENTS TO YOURSELF

## LETTING GO: I CAN'T HANDLE THIS

Does the belief 'I can't handle this' influence your choices and actions?

### BURNING QUESTIONS

How might letting go of this belief uplift your working life?

How might letting go uplift others in your life?

Is there something you need to give yourself permission for, in order to let it go?

### YOUR REFLECTIONS



What might shift in your working life if you were to *respond* from self-trust, instead of *reacting* from fear?

What new possibilities might emerge if you no longer believed the thought 'I can't handle this'?

What might you choose to *think* and *believe* instead?

### UPLIFTING INSIGHTS

### YOUR COMMITMENTS TO YOURSELF

## LETTING GO: I NEED TO SHIELD MY HEART

Does the belief 'I need to shield my heart' influence your choices and actions?

### BURNING QUESTIONS

How might letting go of this belief uplift your working life?

How might letting go uplift others in your life?

Is there something you need to give yourself permission for, in order to let it go?

### YOUR REFLECTIONS

What might shift in your working life if you were to *respond* from courageous open-heartedness, instead of *reacting* from self-protection?

What new possibilities might emerge if you no longer believed the thought 'I need to shield my heart'?

What might you choose to *think* and *believe* instead?

### UPLIFTING INSIGHTS

### YOUR COMMITMENTS TO YOURSELF

## LETTING GO: WORK IS THE OPPOSITE OF PLAY

Does the belief 'work is the opposite of play' influence your choices and actions?

### BURNING QUESTIONS

How might letting go of this belief uplift your working life?

How might letting go uplift others in your life?

Is there something you need to give yourself permission for, in order to let it go?

### YOUR REFLECTIONS

What might shift in your working life if you were to *respond* from your natural playfulness, instead of *reacting* from your conditioned conformity?

What new possibilities might emerge if you no longer believed the thought 'work is the opposite of play'?

What might you choose to *think* and *believe* instead?

### UPLIFTING INSIGHTS

### YOUR COMMITMENTS TO YOURSELF

## LETTING GO: SELF-CARE IS SELFISH

Does the belief 'self-care is selfish' influence your choices and actions?

### BURNING QUESTIONS

How might letting go of this belief uplift your working life?

How might letting go uplift others in your life?

Is there something you need to give yourself permission for, in order to let it go?

### YOUR REFLECTIONS

What might shift in your working life if you were to *respond* from a state of vitality and well-being, instead of *reacting* from a state of resentful depletion?

What new possibilities might emerge if you no longer believed the thought 'self-care is selfish'?

What might you choose to *think* and *believe* instead?

### UPLIFTING INSIGHTS

### YOUR COMMITMENTS TO YOURSELF

## LETTING GO: I DON'T HAVE ENOUGH TIME

Does the belief 'I don't have enough time' influence your choices and actions?

### BURNING QUESTIONS

How might letting go of this belief uplift your working life?

How might letting go uplift others in your life?

Is there something you need to give yourself permission for, in order to let it go?

### YOUR REFLECTIONS



What might shift in your working life if you were to *respond* from careful, considered prioritisation, instead of *reacting* from constant busy-ness?

What new possibilities might emerge if you no longer believed the thought 'I don't have enough time'?

What might you choose to *think* and *believe* instead?

### UPLIFTING INSIGHTS

### YOUR COMMITMENTS TO YOURSELF

## LETTING GO: I HAVE TO GO IT ALONE

Does the belief 'I have to go it alone' influence your choices and actions?

### BURNING QUESTIONS

How might letting go of this belief uplift your working life?

How might letting go uplift others in your life?

Is there something you need to give yourself permission for, in order to let it go?

### YOUR REFLECTIONS

What might shift in your working life if you were to *respond* from trusting connectedness, instead of *reacting* from imagined aloneness?

What new possibilities might emerge if you no longer believed the thought 'I have to go it alone'?

What might you choose to *think* and *believe* instead?

### UPLIFTING INSIGHTS

### YOUR COMMITMENTS TO YOURSELF

## LETTING IN: FEELING

### INSIGHTS

The practice of letting in our feelings is about increasing our awareness and acceptance of both our emotions and the physical feelings in our bodies.

By learning to better tune into our own feelings, we grow our capacity for true presence.

### BURNING QUESTIONS

How might being more aware of your feelings and emotions uplift your working life?

How might it uplift others in your life?

Is there something you need to give yourself permission for, in order to let in your feelings?

**What new possibilities might emerge if you were more aware of your feelings, and less likely to numb them or become entangled with them?**

### YOUR REFLECTIONS

## PLAY

What practices will you play with to grow your awareness of your feelings and emotions?

How might you play with soaking in positive emotions using RAIN (Recognise, Amplify, Investigate, Nourish)?

### PLAY OUTSIGHTS

### YOUR ONGOING COMMITMENTS TO YOURSELF

## LETTING IN: VITALITY

### INSIGHTS

Vitality is our life force - the sum-total of our physical, emotional, mental and spiritual energy.

Without vitality we can't embody our essential nature because we are in survival mode.

Without vitality we cannot be courageous, caring, creative or playful.

### BURNING QUESTIONS

How might prioritising your vitality uplift your working life?

How might it uplift others in your life?

Is there something you need to give yourself permission for, in order to prioritise your vitality?

**What new possibilities might emerge if your vitality was non-negotiable?**

### YOUR REFLECTIONS

## PLAY

What practices will you play with to protect and nourish your vitality?

### PLAY OUTSIGHTS

### YOUR ONGOING COMMITMENTS TO YOURSELF

## LETTING IN: LINKING

### INSIGHTS

Linking is our innate tendency to be drawn to others, to want to help, connect and care.

When we are linking, we are connecting human-to-human, heart-to-heart.

Linking sits at the heart of our capacity to help, to be of service and to accept support from others.

### BURNING QUESTIONS

How might more intentional linking uplift your working life?

How might it uplift others in your life?

Is there something you need to give yourself permission for, in order to be in linking-mode more often?

**What new possibilities might emerge if you were to engage in more linking and less ranking?**

### YOUR REFLECTIONS



## PLAY

What practices will you play with to replace ranking with linking, where possible?

### PLAY OUTSIGHTS

### YOUR ONGOING COMMITMENTS TO YOURSELF

## LETTING IN: VALUES

### INSIGHTS

Our core values meet our innate needs and guide us towards greater fulfillment.

Junk values are a form of 'internalised oppression' that trick us into believing that we can find happiness 'in all the wrong places'.

Junk values are corrosive to our core values.

### BURNING QUESTIONS

How might getting clearer on your core values uplift your working life?

How might it uplift others in your life?

Is there something you need to give yourself permission for, in order to let go of junk values and re-orient to your core values?

**What new possibilities might emerge if you were to live in full integrity with your core values?**

### YOUR REFLECTIONS

## PLAY

What practices will you play with to begin to re-orient to your core values?

### PLAY OUTSIGHTS

### YOUR ONGOING COMMITMENTS TO YOURSELF

## LETTING IN: ASPIRATIONS

### INSIGHTS

Our aspirations are the most fundamental longings we hold for our lives.

An aspiration has the power to both ground and inspire us.

Aspirations are not constrained or defined by goals or plans and are not subject to disappointment.

Aspirations support us to serve and to live and work with passion, while also being at peace with whatever happens.

### BURNING QUESTIONS

How might getting clearer on your aspirations uplift your working life?

How might it uplift others in your life?

Is there something you need to give yourself permission for, in order to orient towards your aspirations?

**What new possibilities might emerge if you were to find the courage to return your longings?**

### YOUR REFLECTIONS

## PLAY

What practices will you play with to orient towards your highest aspirations?

### PLAY OUTSIGHTS

### YOUR ONGOING COMMITMENTS TO YOURSELF

## LETTING IN: LOVE

### INSIGHTS

Love is a micro-moment of 'positivity resonance' - the presence of shared positive emotions, synchronicity and a motive of mutual care.

Love connects us and ignites powerful forces within us, making us more flexible, creative, wise, attuned to others, and over time, more resourceful.

Love has the power to transform our working lives.

The world desperately needs more leaders who are brave enough to work in a way that is grounded in love.

### BURNING QUESTIONS

How might being more open to the presence of love uplift your working life?

How might it uplift others in your life?

Is there something you need to give yourself permission for, in order to be open to experiencing micro-moments of 'positivity resonance' at work?

**What new possibilities might emerge if you were to be more open to the presences of love at work?**

### YOUR REFLECTIONS

## PLAY

What practices will you play with to nurture more moments of 'positivity resonance' at work?

### PLAY OUTSIGHTS

### YOUR ONGOING COMMITMENTS TO YOURSELF

## LETTING IN: INTUITION

### INSIGHTS

Intuitive messages emanate from a deeper wisdom - one that transcends the voices in our heads.

Intuition-based decisions as those 'made rapidly, generally with a high level of confidence and in a way that is not conscious and not easily articulated afterwards.'

Learning to connect with our intuition plays an important role in learning how to be true to ourselves.

Intuition is available to all of us, when we choose to believe in it.

### BURNING QUESTIONS

How might being more aware of your intuition uplift your working life?

How might it uplift others in your life?

Is there something you need to give yourself permission for, in order to be open to your intuitive wisdom?

**What new possibilities might emerge if you were to harness the power of your intuitive wisdom?**

### YOUR REFLECTIONS



## PLAY

What practices will you play with to connect with your intuition?

### PLAY OUTSIGHTS

### YOUR ONGOING COMMITMENTS TO YOURSELF

## INTEGRATION PRACTICE

Waking up – I remember! I am NOT the voices in my head.

Coming back to presence, back into my breathing body, I close my eyes and become aware that I am right here, right now.

I can feel my feet on the floor, the clothes on my skin and the coolness of the air as it enters my body.

Focusing my attention on my breath I inhale slowly through my nose, and fill my throat, chest and belly.

I feel my life force expand and uplift me.

Now, moving my attention to my exhaling breath, with each slow, long exhale, I allow my body to soften and let go.

Letting any heaviness, holding or tension just gently fall away.

In the stillness at the top of each inhale and at the bottom of each exhale, I can welcome whatever is here, and make space for it.

As the chatter in my head recedes, I can relax and become aware of the weather of my mind.

Observing my thoughts with curiosity and openness, I watch my thoughts as they arise, stay for a moment and then dissolve away.

And notice the alternative truths that naturally emerge.

Lingering in this state of open awareness for a few more breaths, I remember I am unique and I am worthy I am open-hearted and I am caring I am creative and I am playful I am free and I belong .

I am potential and I am peace.

And whenever I feel ready, I gently open my eyes.

NOTE TO SELF...

A large, empty rectangular box with a thin blue border, intended for a handwritten note to self.

NOTE TO SELF...

A large, empty rectangular box with a thin blue border, intended for a handwritten note to self.

## WANT TO KNOW MORE ABOUT HOW WE CAN WORK TOGETHER?

- Transform your relationship with yourself (and all others) through one-on-one [coaching](#).
- Work with me to co-create a transformational [learning experience](#) for your team.
- Hire me as a [consultant](#) to better enable your people and performance to thrive.
- Engage me as a [keynote speaker](#) or workshop designer and [facilitator](#).
- Find out more at [www.CassandraGoodman.com](http://www.CassandraGoodman.com).

## WANT TO LEARN MORE ABOUT THE PRACTICE OF SELF-FIDELITY?

- Take my [quiz](#) to discover if you are being true to yourself.
- Read my book [Self-Fidelity](#) (use the code FRIEND and I will pay for shipping).
- Check out my [Hello Monday Morning](#) blog, to play with the practice of self-fidelity today.
- Listen to some uplifting [conversations](#) about being true to yourself at work.
- Connect with me on [LinkedIn](#).
- Find out more at [www.Self-Fidelity.com](http://www.Self-Fidelity.com).



We get lost in the weather of our minds.

Yet above the thick cloud, clear sky always awaits.

We get pushed around by constant winds.

Yet we can all learn how to find shelter.

We are held down by an invisible heaviness.

Yet we can gently let go of this burden.

We all contain a powerful lifeforce.

And by learning how to feed it, we are buoyed.

Remembering the truth of who we are, we lift.



"THIS BOOK PROVIDES THE KEYS  
TO UNLOCKING A MORE ENGAGED AND FULFILLING LIFE."

DR STUART BROWN  
FOUNDER, THE NATIONAL INSTITUTE FOR PLAY

## **self-fidelity** *noun*

self-fi.del.i.ty

**The practice of being true to one's essential nature**

Working life can feel like a never-ending masterclass on how to fit in. Comparing ourselves to others and to standards that are not our own, we strive to prove, mould and 'fix' ourselves.

It's so easy to feel overwhelmed, depleted and inadequate.

But what if true success and vitality flows from *being* who we are, not *changing* who we are?

What if everything we need is already inside of us?

What if we just need to release the things that weigh us down?

This book is for anyone who:

Believes that work can be life-enhancing, not soul-destroying

Is sick and tired of trying to 'fix', mould and prove themselves

Wants to experience greater fulfillment, success and vitality

Beneath all the layers of conditioning, under the masks and armour, we all want the same things. We want to live and work in a way that honours the truth of who we are. We want to feel seen, *really* seen. The practice of self-fidelity supports us to wake up and reconnect to our true nature and to our abundant inner natural resources. Self-fidelity is a simple, yet powerful practice of remembrance and reconnection.

**We can all empower ourselves to reimagine our working lives.**

**As we restore our faith in ourselves, we restore our faith in each other.**



Cassandra Goodman is a leader, co-creator, facilitator and coach. She is guided by an aspiration to generously serve in order to uplift life. Cassandra spent 30 years climbing the ranks of the business world to hold global senior executive roles. Today, she works with courageous pioneers across the world to reconnect to their essential nature and reimagine working life. [self-fidelity.com](http://self-fidelity.com)