

GUIDE TO SELF-FIDELITY

**HOW TO UPLIFT
YOUR WORKING LIFE**





“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

Ralph Waldo Emerson

Hello, I’m Cassandra Goodman, Founder of the Centre for Self Fidelity and I’m so glad you’re here.

In 1601 Shakespeare wrote *Hamlet* and gave us the wonderful line
“This above all: to thine own self be true.”

Today, these words of wisdom are more important and relevant than ever.
But where do you start?
And how to find your way back home to yourself when life blows you way off course?

In a world that teaches us to conform, comply, and compare
we all need a practice to remain faithful to the truth of who we are.

This is the practice of self-fidelity.

In the same way you might practice yoga to reconnect to your body, or practice meditation to reconnect to your inner wisdom, you can practice self-fidelity to reconnect to the truth of who you are.

***This Guide to Self-Fidelity compliments my book
Self-Fidelity How Being True to Yourself Uplifts Your Working Life.***

**Regardless of where you find yourself right now,
this guide aims to support you to illuminate your next best step towards
becoming a self-fidelity practitioner.**

Becoming a self-fidelity practitioner cultivates self-knowledge,
supports you to feel more alive and uplifted, activates more of your potential,
and over a time fosters a deep belief in your enough-ness.

What might be different for you if...

You knew in your heart that you had nothing to prove to anyone?
You trusted deeply in your worthiness, your goodness, and your uniqueness?
You could create a working life that uplifted you and those you care most about?

WHAT IS SELF-FIDELITY?



self-fidelity | *noun* | self-fi.del.i.ty

The practice of being true to one's essential nature

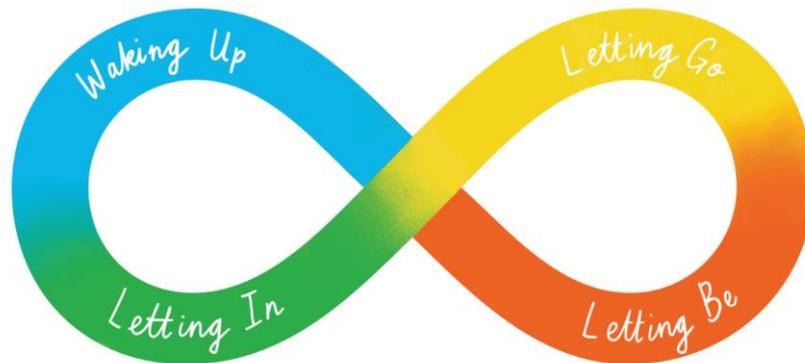
The practice of self-fidelity is a collection of four skill sets you can learn and improve:

Waking Up: Remembering you're not your thoughts

Letting Be: Reconnecting to the truth of who you are

Letting Go: Releasing the things that weigh you down

Letting In: Restoring your vitality



Self-fidelity is a faithfulness not only to the vibrant expression of our essential nature, but also to its wholehearted inhabitation. It is about the expansion of our working lives to allow space for all we have the potential to become. It's a rejection of the belief that we need to change who we are to succeed at work. Instead, self-fidelity is based on an understanding that vitality and success flow from freeing ourselves to be who we are, and honouring the aspirations we hold deep in our hearts.

We all have deep wells of potential within us, however, most days at work we are merely skimming the surface. Self-fidelity emboldens us to activate the true potential that exists within each of us, activating our true collective potential. Self-fidelity is a refusal to internalise the machine paradigm by remembering that we are unique, interconnected, vital, vulnerable beings – not resource pools of interchangeable, controllable, separate components to be optimised, re-arranged and depleted. Being true to ourselves is about understanding the value of our uniqueness and being wide-awake to the dangers of fitting in. Joseph Campbell said, *'The privilege of a lifetime is being who you are.'* Self-fidelity supports us to exercise this basic privilege through a focused, powerful practice.



THE SKILLS THAT CULTIVATE SELF-FIDELITY

Waking Up : *Remembering you're not your thoughts*

- Observing my own thinking
- Being aware that sometimes the story I tell myself is not actually the truth
- Being aware that I have many different parts, and that sometimes these parts do not act in my best interest
- Being aware that my emotions contain important information about what's important to me and what I need
- Responding (rather than reacting) to things that happen to me, by understanding that my thoughts are not instructions on how to behave
- Being fully present in the 'here and now' when I need to be
- Being aware that my experience of life feels vivid

Letting Be : *Reconnecting to the truth of who you are*

- Being aware of my inherent goodness
- Being aware that I have a way of being in the world that is totally unique to me
- Being aware that it's rarely helpful to compare myself to others
- Cultivating trust in my worthiness, along with a sense of belonging
- Having a good sense of my enough-ness. regardless of what I did or didn't get done
- Being vulnerable and asking for help when I need to
- Being aware of my most positively powerful ways of being

Letting Go : *Releasing the things that weigh you down*

Being able to break free from limiting thoughts such as:

- I am not enough/valuable/worthy'
- My value is primarily measured by what I do and what I have
- Who I really am (at my essence) is somehow inadequate or 'flawed'
- I need to 'fit in'
- I can't speak my truth
- I can't let others see the 'real me'
- I can't trust in myself

Letting In : *Restoring your vitality*

- Being tuned into my body
- Accepting all my emotions without pushing them away
- Being clear on what I need to sustain my vitality
- Understanding my wellbeing non-negotiables
- Being clear on my core values
- Having clear aspirations that guide me
- Nourishing myself with positive emotions such as love, gratitude and joy
- Trusting my deeper wisdom
- Having a sense of appreciation for who I am



WHAT IS YOUR RELATIONSHIP WITH YOUR TRUE SELF?

The below spectrum contrasts the different types of relationships we can have with our ‘true selves’ and the potential ripple effects of each different relationship dynamic.

The Reflective Inquiry Tool you have just completed will give you a good sense of the nature of the relationship you currently have with your true self, between the two extremes of *self-betrayal* and *self-fidelity*.

Regardless of where you find yourself right now, this guide will provide you with valuable resources to illuminate your next best steps towards a working life that uplifts you.

The key to your continued growth is to identify the things that you can do right now, right where you are, with what you have, to continue to move towards self-fidelity and away from self-betrayal.

	Self-Betrayal	Self-Control	Self-Discovery	Self-Awareness	Self-Esteem	Self-Fidelity
						
Your relationship with your true self:	Estranged	Strained	Curious	Familiar	Friendly	Trusting
Your inner experience:	I am sleep-walking	I am on high-alert	I want to better understand myself	I know who I am	I like myself	I'm being true to myself
How others may perceive you:	Distant & distracted	Rigid, & on edge	Open & reflective	Predictable & Steady	Confident & Capable	Authentic & inspiring

Some questions to reflect on...

What is the nature of my current relationship with my true self?

What are the ripple effects of this relationship dynamic?

If I could take one small step to move towards self-fidelity today, what would it be?

These resources will support you to illuminate your next best step:

WAKING UP <ul style="list-style-type: none"> • You Are the Seed Not the Husk • Believing in Your Enough-ness • Understanding your Parts 	LETTING GO <ul style="list-style-type: none"> • Little Cassie • Transforming Secrets Into Struggles • Letting Go of The Shore
LETTING BE <ul style="list-style-type: none"> • Understanding Your Essence • Don't Be a Bonsai • Bless the Largeness in You 	LETTING IN <ul style="list-style-type: none"> • The Courage of Your Convinctions • How To Soak In The Good • Finding Your North Star



WHO DO YOU CHOOSE TO BE?

*“We are among the most important people to have ever lived.
We will determine whether humankind will grow or die, evolve or perish.
We will need a gathering of the potentials of the whole human race
and the particular genius in every culture if we are going to survive our time”*

Jean Houston

Self-fidelity is particularly powerful when practiced in the context of our work because our workplaces are the primary arenas in which human potential converts into tangible, positive outcomes. Right now, human potential is the most overlooked source of value in most organisations across the world. This is something we must change – and quickly. Now more than ever, it is of vital importance that we activate both our individual and collective potential as human beings.

The extent to which you are being true to yourself at work will be influenced by many different factors *inside* of you as well as many different factors *outside* of you. A single acorn can grow into a towering mighty oak tree or live its life as a bonsai – a stunted, twisted expression of itself. Both organisms share the exact same DNA and potential.

Unlike an acorn, we all have some degree of freedom to choose the sort of environments we plant ourselves in, the size of our ‘pot’, and how long we stay in any one role, workplace or organisation. We can also take inspired, empowered action to reconnect to the truth of who we are, activate our most positively powerful ways of being, release the things that weight us down and feed our life-force.

The practice of self-fidelity empowers us to spread our roots and unfurl our branches, so we can live into the fullest expression of our unique potential.



A message to my younger self...

“The world you are growing up in is a masterclass on how you should be. But you don’t have to be a good student. You will be very, very tempted to join the hustle and to strive relentlessly to collect gold stars – first in the form of good grades and later in the form of fancy job titles, ‘top-talent’ accolades and big salary packages. However, clambering your way to the top won’t fulfill you. It will never get you anywhere close to feeling like you are enough. Instead, you can learn what it means to be true to yourself in life – and at work.”

Prologue, *Self-Fidelity*
Cassandra Goodman



CREATING AN UPWARD SPIRAL

If I had to encapsulate all the benefits of a self-fidelity practice in one word, that word would be *uplift*.

My self-fidelity practice uplifts my working life in so many ways. It uplifts my mood in the morning because as I think about my working day ahead, I experience a sense of positive anticipation. It uplifts my mood at the end of the day because when I reflect on the value I have created and how I have served, I feel happy and fulfilled. It uplifts my performance because it gives me practical ways to connect to my wisdom, courage and creativity – and to my most positively powerful ways of being. It uplifts my relationships because it supports me to be present and stay connected to my compassion and kindness in moments that matter. It uplifts my vitality because it helps me to honour my non-negotiables – even when the voices in my head are trying to persuade me to make choices that undermine my well-being. It uplifts my long-term financial security because I know I could keep on doing (and improving) the work I do today for the next 5, 10 or even 20 years. It uplifts my spirit because it guides me to choose work that is life-enhancing, not soul-destroying.

I created this model (right) to describe the mechanics that *generate* uplift through the practice of self-fidelity.

Uplift is generated when the answers to the below questions are in alignment with *who you are being* and *how you have spent your energy*. In other words, this *Upward Spiral* is powered by alignment between the working life you long for and the working life you are living.



Of course, it is not possible to be fully aligned all the time, but the more we can *move towards alignment*, the more uplift we will experience. It does not matter how out of alignment you are right now, the answers to these questions will illuminate your path towards greater alignment and uplift.

What are my highest aspirations for my working life?

To what extent am I in alignment with these aspirations?

How might my work serve the greatest good?

To what extent am I in alignment with my path of service?

What is most important to me?

To what extent am I in alignment with my values?

What are my most important beliefs – what do I know for sure?

To what extent am I in alignment with my beliefs?

How do I want to feel?

To what extent am I in alignment with my most positively powerful ways of being?

What are my best qualities, as a human being?

To what extent am I in alignment with my essential nature?

Who am I being when I am being most myself?

To what extent am I in alignment with my essence?

What one small change can I make this week to move towards greater alignment?

WANT TO WORK WITH ME?

Reach out on info@self-fidelity.com to learn more about my [leadership programs](#), keynotes, group coaching packages, and one-on-one coaching packages. Connect with me on [LinkedIn](#)

WANT TO LEARN MORE?

If you want to work more deeply, you can buy my book *Self-Fidelity How Being True to Yourself Uplifts Your Working Life* [here](#). My book offers a wide range of practical tools and 'burning questions' to illuminate and inspire your pathway to designing and embedding your own unique self-fidelity practice. If you live in Australia, use the code FRIEND and I shipping is free.

If you would like regular bite-sized self-fidelity practices delivered to your inbox every Monday morning, subscribe to my weekly blog Hello Monday Morning [here](#). It's guaranteed to make your working week lighter and brighter! When you subscribe you also get a FREE copy of the first 2 chapters of my book.

You can listen to some of my recent [conversations](#) about self-fidelity

**My big aspiration is to see the term self-fidelity added to the dictionary in my lifetime.
Visit my website to see how the ripples of self-fidelity are already [spreading](#)**



*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 life force.
And by learning how to feed it, we are buoyed.
Remembering the truth of who we are,
we lift.*



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