



# Your Path to Growth

## Verity Playbook

v. 1.0 (March 2025)

# Verity

The path to growth starts with radical self-awareness. Knowing how we *really* show up in all situations and relationships. But it's not enough to simply be aware, we must also adjust our behavior to align with our values and intentions.

It's not like we're trying to be difficult, but life has a way of shaping us through experience... sometimes for the worse.

Occasionally we need to assess our alignment and adjust certain aspects to improve our ride. Much like a wheelright adjusts a bike wheel by tightening a few spokes and adding air to the tire to make it run true.

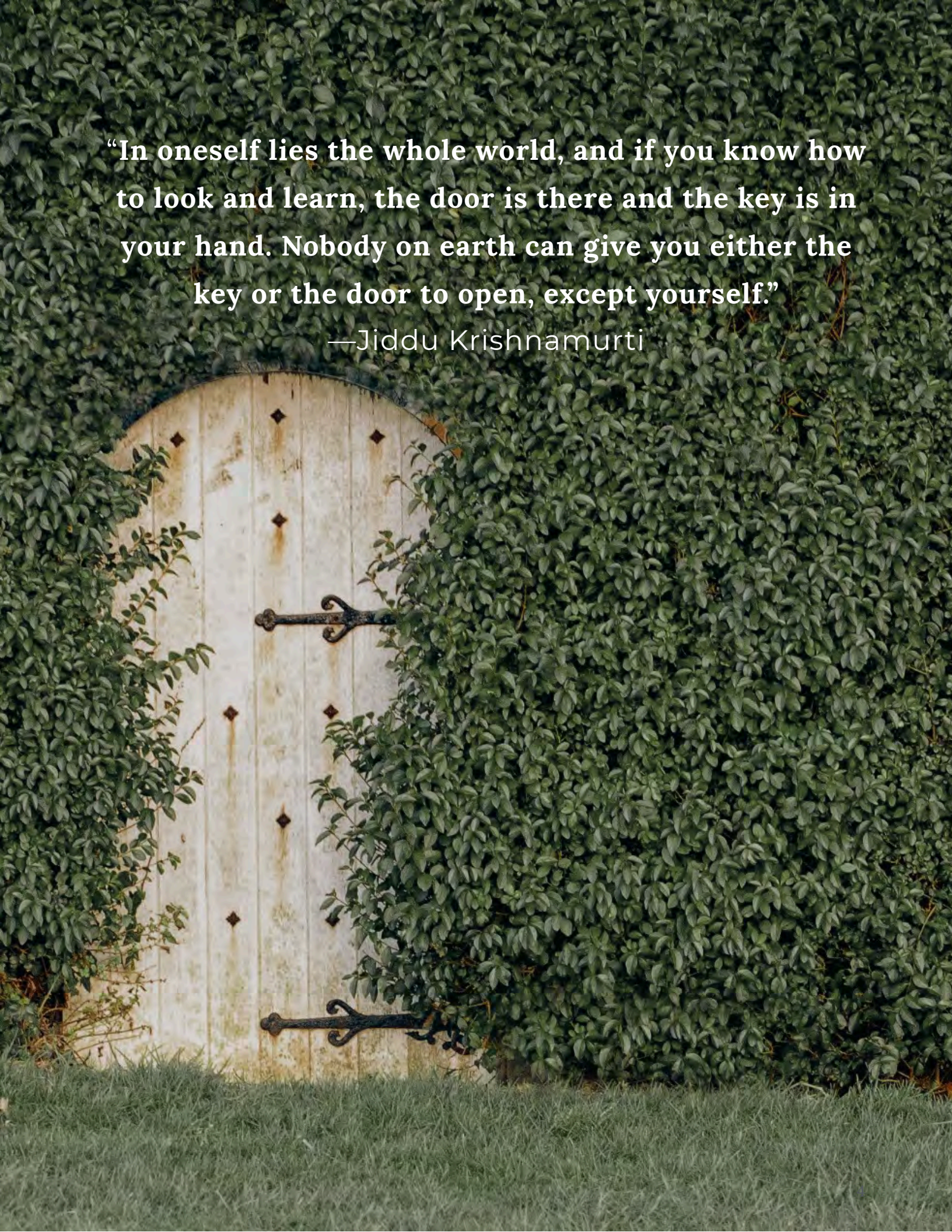


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**“In oneself lies the whole world, and if you know how to look and learn, the door is there and the key is in your hand. Nobody on earth can give you either the key or the door to open, except yourself.”**

**—Jiddu Krishnamurti**



# Growth Posture

Growth Posture is an awareness and alignment practice grounded in traditional wisdom and modern science. The posture involves three moves you apply during your daily routines to help you clarify your intentions and focus your actions. This gives you more strength to choose well and perform better.



**Everyday Presence**  
**Gentle Curiosity**  
**Seeking Excellence**

# Everyday Presence

Noticing and appreciating the details of any given situation is essential to living fully. When we activate our senses we are more able to make the most of any situation. It's the first step to creativity. It's the first step to trust. It's the first step to joy.



*Do these three steps in just 5 minutes any time  
you need a microbreak throughout your day.*

## **Find Your Breath**

**Take a deep breath.** (in through your nose, all the way full, out through your mouth)

**Sit up or stand tall.** Relax your arms, shoulders over hips, relax your jaw

**Activate your senses.** Notice what you hear, see, feel, and smell around you

## **Free Your Mind**

### **What am I thinking?**

Notice what's keeping your brain busy and watch it move away from you like a person in a crowd

### **Visualize natural motion**

(For example: a pebble sinking to the bottom of a river, waving grass, or water flowing)

## **Feed Your Soul**

### **What do I appreciate?**

Recall a few good things about your day/life

**Say a mental thank you** to someone for one of those things

**Later...** express it for real by giving a smile, hug, or a few words of gratitude

## **Benefits:**


You'll Listen better

Focus better

Have less "negative stress"

Be more creative

Be less reactive



**It is by being fully involved with every detail of our lives,  
whether good or bad, that we find happiness,  
not by trying to look for it directly.**

— Mihaly Csikszentmihalyi

# Gentle Curiosity

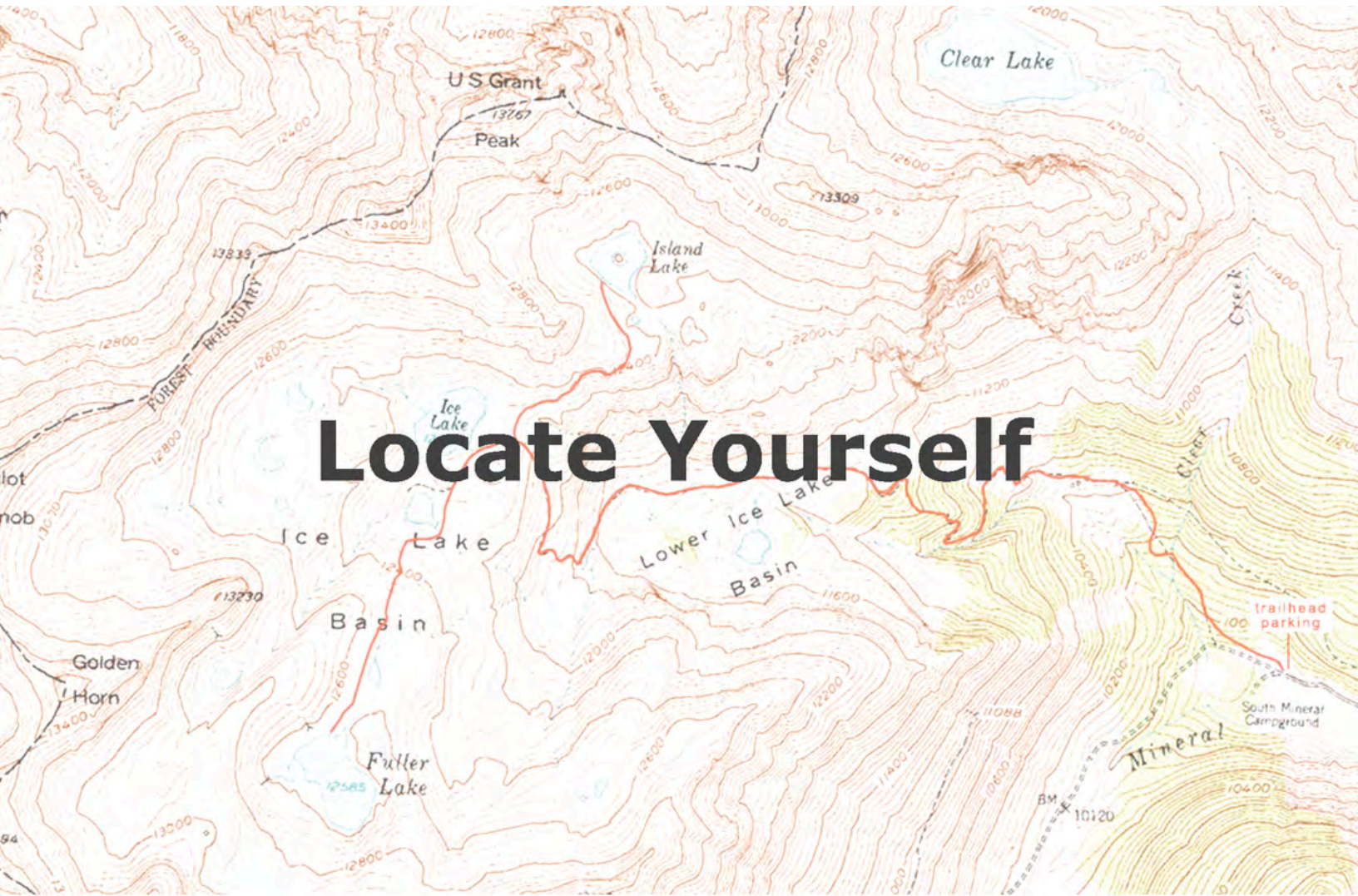
Looking at yourself can be a challenge. Often we see who we were in the past, not who we've become today. We can improve our vision and spark our curiosity using metaphors and frameworks. This is not a scientific assessment process. It is a gentle, curious approach to playing with possibilities and wondering, "What if?"



*The truth will set you free,  
but first it will make you miserable*



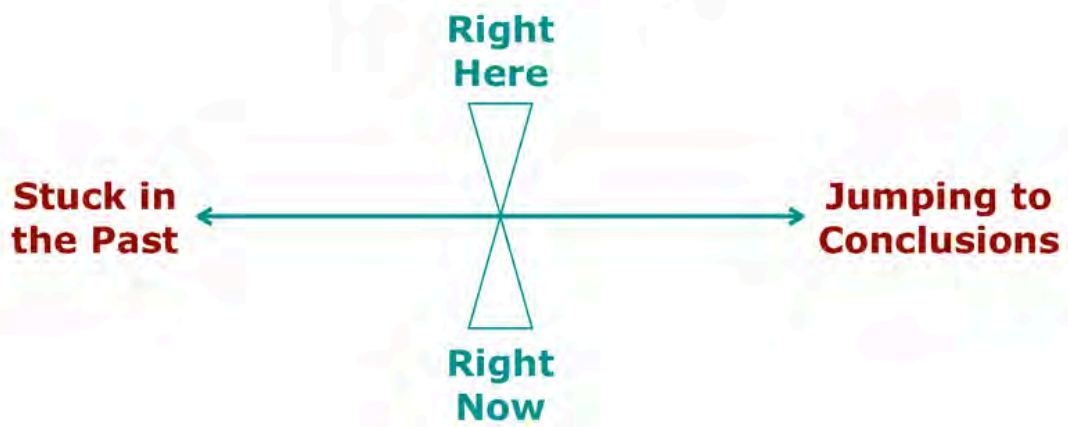
**You can't use an old map to explore a new world.**  
—Albert Einstein



*Use the frameworks in this section to playfully wonder,  
Where am I? How Am I? Who am I?*

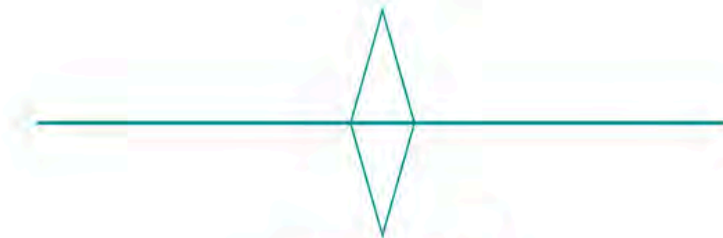
Where am I?

## Place and Time



## Fear Factor

**CREATIVE**



**REACTIVE**

## *Growth Requires Facing Your Fears*

What are you afraid of?  
Not sure?

Fear drives much of our behavior.  
Sometimes that's a good thing;  
often it's not.

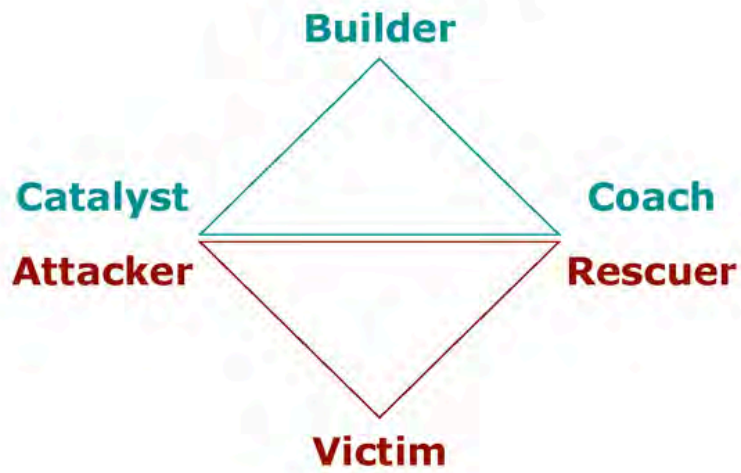


Fight or flight; freeze or fawn. We are built to survive with automatic responses to confusing or frustrating situations. This is good for sudden, unexpected threats, but not so good for continuous stressful circumstances. But you always have a choice:

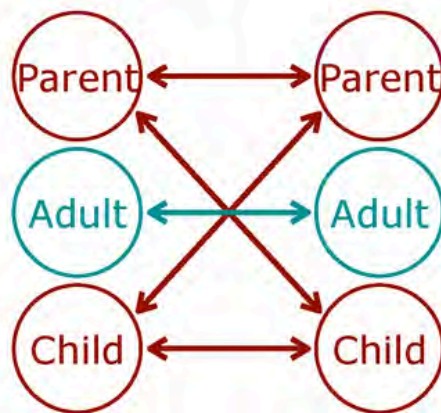
*Go or no?*

*How am I?*

## Team Roles



## Familiar Roles



## *Access Your Extended Mind*

To be fully alive and capable we must get out of heads, beyond your brains, and into our extended minds. Modern science has brought many great insights into how our bodies work through biology and medicine, but we've also lost track of the whole through the study of our parts. Everyday Presence requires more than sitting and thinking. It involves conversation with others, immersion in Nature, physical activity, and tapping resources like computers and writing.



**All truly great thoughts are conceived while walking.**  
—Nietzsche

Who am I?

## Metaphoric Prompts



I am..

## Spirit Animals



**Excellence is never an accident.**

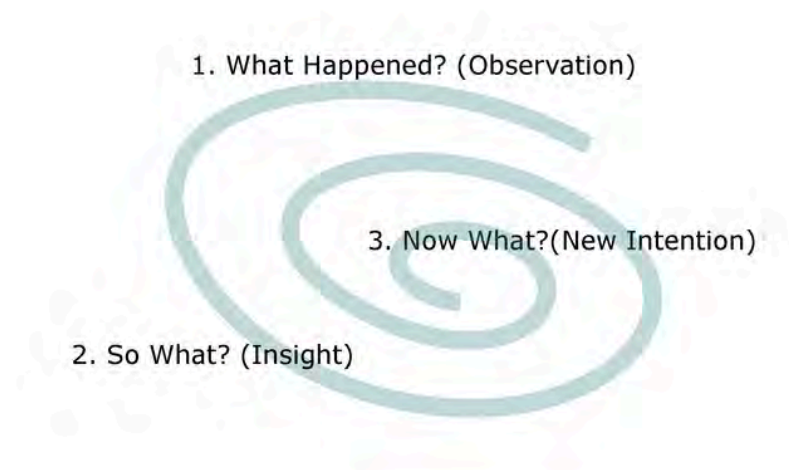
**It is always the result of high intention, sincere effort, and intelligent execution. It represents the wise choice of many alternatives. Choice, not chance, determines your destiny.**

—Aristotle



# Seeking Excellence

Adults learn best when we examine our actual experience, discover insights on what drives our behavior, and try new things to improve our results. Seeking excellence is an iterative learning process with three phases: *action*, *reflection*, and *experimentation*. Each of these phases is guided by a key question to help us stay curious. The process works best by focusing on one thing at a time.



## Learning is a Discipline

It's overwhelming to track your learning process with casual thinking and ambiguous efforts. Simply saying, "Today I'm going to be kind to everyone" is a great intention, but it's likely to fail. Consider how most New Year's resolutions fade within weeks.

Learning is a disciplined process akin to running a science experiment. We need an explicit hypothesis, clear ideas about what we're going to try, and enough trials to see what works and what doesn't. This takes time and attention and works best if you focus on one thing at a time and track your process in a learning journal.

## A Learning Journal Has Four Parts:

Observations  
Insights  
Intentions  
Experiments

Use any format that works for you: repurpose an old spiral notebook, use a notes app on your phone, or buy a special journal.



# Full-self Assessment

Ask anyone how they feel and they often say, “Fine.” It’s a safe answer to a complex question. Assessing how we feel isn’t simple because we have many aspects to consider. Our wellbeing is complex, subjective, and dynamic. It depends on my variables and can change in the blink of an eye. Understanding our full selves is essential to becoming real and true.

A full-self assessment is a “self scan” of the elements in the chart below. It enables better awareness and deeper connections with more nuanced and complete responses to the question, “How are you?” For example, “I’m feeling ready and productive, but not very inspired.”

*Take five minutes to check in on your full self by reviewing the statements for each element and rating each from 0-5. Begin by considering the question, “Do I feel safe?” and wondering about your concerns. How are your concerns driven by perceived fear v. real threats? If you are in real danger seek help without delay! If your safety is more about your perceived fears, get curious about it. Chart your scores, observations, and insights in your learning journal.*



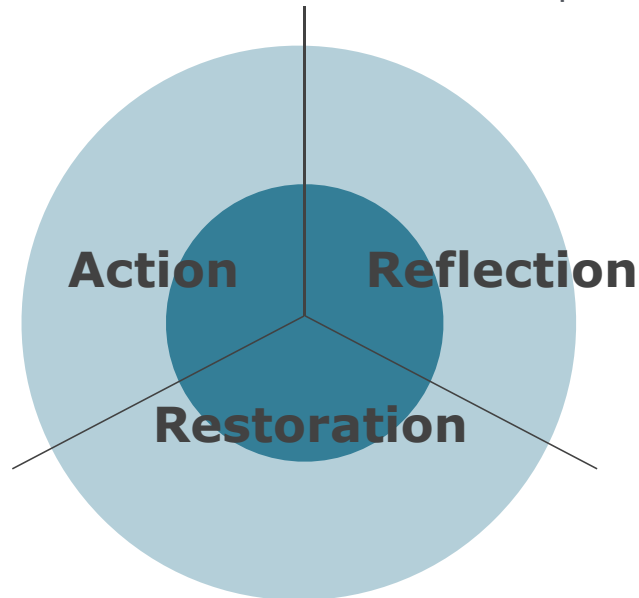
## Achieving true balance

Living a balanced life isn't just about the time you spend at work or home. It's a more complex mix of expending effort on concrete activities, engaging your extended mind in abstract thought, and restoring your energy with nutrition, rest and recovery. Each of the modes can be done solo or in collaboration.

*Reflect on a typical week in your life and list examples of what you do in each of the three modes. Make a rough estimate on percentage of time spent in each mode (must = 100). Note what you do solo and what is collaborative.*

Working, caregiving,  
playing, etc.

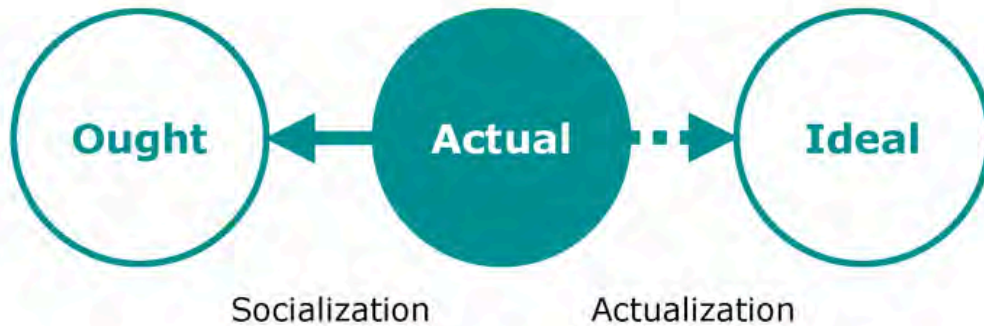
Thinking, absorbing,  
planning, etc.



Sleeping, eating, meditation, etc.

# Self Transformation

Our first major step into adulthood is behaving as we should... in accordance with the norms and expectations of our families, culture, and society. It's an important phase but can limit or growth as we get deeper into life. The next phase is about becoming our true selves and achieving our full potential. This can be a scary transition because it can mean we move away or even contradict the expectations of people whose opinions matter deeply to us.




## Observations:

*Reflect on a recent situation and list examples of where you behave one way but would rather behave differently. What is the voice in your head saying to you? Sometimes we believe we are not ready or qualified (As I am) and feel discomfort or disappointment. Is the disappointment coming from within you (As I'd like) or do you attribute it to a parent, teacher, or advisor (As I should)?*

*Behaving as I should:*

*Behaving as I am:*

*Behaving as I'd like:*

A blue wooden door is set within a stone archway. The door is partially open, revealing a bright, sunlit garden with green grass and red flowers. The archway is made of dark stone and is surrounded by green foliage and vines. The scene is bathed in warm, golden light, suggesting a sunrise or sunset.

**Self-actualization is the desire to become more and more what one is, to become everything that one is capable of becoming.**

—Abraham Maslow