



EMPOWER PAGES

by Ritu

UNCOVER YOUR AUTHENTIC SELF

WHAT

This page will help you to explore your Authentic Self and what being yourself looks like across a range of behavioral dimensions.

WHY

Living authentically will change your life for the better, as you'll feel better about yourself, build more meaningful relationships, and inspire others to be more authentic too.

HOW

Use the reflections below to better understand who you really are — and especially what makes you different and unique — so you can embrace and be more of your Authentic Self going forward.

What Does it Mean to be Your “Authentic Self”?

In my book *The Authenticity Principle*, I discuss this concept in great detail. In a nutshell, the Authentic Self is an expression of your core values, beliefs, needs, desires, thoughts, emotions, and traits. It's the good, bad, and ugly of who you are.

This is how you would behave if you didn't fear the consequences of your (bad and ugly!) behavior. The Authentic Self is the truest reflection of who you truly are, and given this, being your Authentic Self feels amazing.

Exploring Your Authentic Self

To uncover your Authentic Self, you'll want to look at your behavior across what I call the Seven Behavioral Dimensions, which are a range of areas where we showcase our authenticity and make decisions about how to act at any given time.

I describe the Seven Behavioral Dimensions in detail in [this blog post](#). I encourage you to have a look before you complete the reflection exercise.

Being as Honest as Possible, Reflect on the Following:

If I knew that no one would judge, shame, or reject me and that there would be no other negative consequences, this is how I would:

Express my emotions:

Communicate non-verbally:

Use my words when speaking:

Choose to speak:

Present my appearance:

Share my values, beliefs, thoughts, and ideas:

Decide to act:

THANKS FOR USING MY EMPOWER PAGES!

I carefully created these guided monthly worksheets to help you better understand your authentic self (who you are at your core!) so that you can live better, flourish professionally, develop more meaningful relationships, and much more! I have personally done all these exercises, and now I want to share them with you. As you reflect on each question, my hope is that you'll start to uncover who you are more and more. So dig deep and answer the questions honestly and whole-heartedly. And remember, this self-work is worth it!

With love and gratitude,



CONNECT WITH ME!



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MY STORY

I didn't always feel empowered to be an unapologetic, fiercely authentic person. While I was successful and living the "corporate dream" as a lawyer in my early career, I had a realization that the person I was in my day-to-day life bore little resemblance to my true self. After much soul-searching, I decided I needed to transform my life. I completed my MBA, left my job, and launched my own business. Most importantly, I committed to living as authentically as possible.

I've now presented in front of thousands of leaders around the world to inspire them to be more inclusive and to encourage those who have experienced oppression to be more authentic and empowered. I have also dedicated my life to helping people to cultivate self-love so that they can live their best with confidence. And I want the same for you. In particular, I want you to embrace what makes you different and unique. I want you to shine!

READ MY EMPOWERMENT BOOK, THE AUTHENTICITY PRINCIPLE

My Amazon bestselling book, *The Authenticity Principle*, is more than just a call to "be yourself". Combining the latest neuroscience, leadership, diversity, and mindfulness research with a wealth of practical exercises, my book will provide you with a framework for living more authentically, so that you can thrive in all spheres of your life. It's also filled with my personal stories, and stories of others, about how to overcome barriers to living authentically. Learn more about *The Authenticity Principle*, including where to buy it, at www.ritubhasin.com/book.

MY NEWSLETTER

Get my monthly Empower Pages delivered straight to your inbox! Sign up for my newsletter at my website to receive the Empower Pages and other tools to help you live your best!



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