



### WHAT

Our cultural identities have a profound impact on how we like to behave. This page will help you to explore how your cultural identities impact your behaviors.

### WHY

An in-depth understanding of how your cultural identities impact your behavior will better position you to thrive both personally and professionally.

### HOW

Use the exercise below to help you to better embrace your cultural identities by identifying where you can be more of who you are and where you can strategically adapt your behavior to better thrive.

## Develop Your Cultural Lens

I use the term “cultural lens” to describe our understanding of how the layers of cultural identity that make up who we are impact what we value, what we believe in, how we behave, and more. When you have a more developed cultural lens, you’ll better understand how your cultural identities are connected with your values and behaviors, which behaviors feel good and serve you, where you could reveal more of your Authentic Self, and which behaviors you want to adjust. The following exercise will help you with this.

## Key Layers of Cultural Identity\*

- Nationality
- Race/Ethnoculture
- Religion
- Gender Identity
- Sexual Orientation
- Dis(Ability)
- Age
- Education
- Socioeconomic Status/Class
- Profession/Career

## Developing Your Cultural Lens

Examine the Key Layers of Cultural Identity above, then ask yourself the following questions:

### Personal Development Focus:

1. How do I self-identify across each of these layers of cultural identity?
2. Which of these cultural identities are most important to me and why?
3. Given how I have self-identified in each of these cultural identities:
  - a. What cultural norms and values was I taught growing up? Which of these do I still hold?
  - b. What are my preferred behaviors?

### Career Development Focus:

4. How are my preferred behaviors different than the behaviors that are expected in my workplace?  
Where am I performing or minimizing at work?
5. Where do I feel comfortable strategically adapting my behavior to meet my career development objectives?
6. In which Behavioral Dimensions could I be more of my Authentic Self at work?

## 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/authenticity-principle](http://www.ritubhasin.com/authenticity-principle).

## 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!

# Ritu

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