



EMPOWER PAGES

by Ritu

DELVE INTO YOUR PERFORMING SELF

WHAT

This page will help you to explore your Performing Self and identify how you behave when you feel like you don't have a choice but to conform or mask aspects of your true self.

WHY

Exploring your Performing Self will help you to uncover why and how you're holding back in being who you are, thereby better enabling you to reveal more of your Authentic Self.

HOW

Use the reflections below to better understand when you might be performing so you can make behavioral changes that allow you to live more of your truth and be more authentic.

What Does it Mean to be Your "Performing Self"?

In my book *The Authenticity Principle*, I describe the Performing Self as the persona that you project to the world when you fear judgment and feel like you have no choice but to alter who you are and "perform" as someone else (like you're an actor on the stage called life) in order to fit in. Being your Performing Self feels exhausting and disempowering — it feels just awful, which is why you want to minimize being here!

Note that the Performing Self is on the opposite end of the spectrum to the Authentic Self, which you can explore in this [Empower Page](#).

Exploring Your Performing Self

For many years, I didn't realize that I was changing my behavior and masking aspects of my identity as a way to "fit in". I also didn't realize how it was hurting my sense of self to be performing. This is a common experience for many people, which is why it's so important to explore the Seven Behavioral Dimensions in order to see which ones you are performing across and how it's impacting you.

Two Exercises to Help You Delve Into Your Performing Self

01 Drawing on the Exploring Your Authentic Self exercise, go through each of the [Seven Behavioral Dimensions](#) and ask yourself, "How am I performing in this dimension?"

02 Choose two recent moments where you noticed that you performed to fit in or shield against judgment. Reflecting on these moments, ask yourself:

What was it about these moments that have compelled me to perform? _____

In which Behavioral Dimensions did I perform and why? _____

What is the negative impact of performing on me? _____

How could I behave differently next time in order to be more of myself? _____

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!



@ritu_bhasin

www.ritubhasin.com

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.

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

© bhasin consulting inc. 2020