



# EMPOWER PAGES

by Ritu

## EXPLORE YOUR ADAPTED SELF

### WHAT

This page will help you to better understand your Adapted Self and identify the ways in which you are comfortable choosing to adapt your behavior in order to meet your own needs or others' needs.

### WHY

Uncovering your Adapted Self will help you to (a) feel empowered in situations when you aren't comfortable or able to be your Authentic Self and (b) push out of being your Performing Self.

### HOW

Use the exercises on this page, alongside my previous bias Empower Pages, to identify the biases that you may have so that you can behave in a more inclusive way.

## What Does it Mean to be Your "Adapted Self"?

In my book *The Authenticity Principle*, I talk about how no one can be their Authentic Self 100% of the time, and this is where the Adapted Self comes in. Lying between your **Authentic Self** and your **Performing Self** on the continuum of the Three Selves Framework, your Adapted Self is who you are when you make a choice to adapt an aspect of your behavior in order to meet your own needs or others' needs.

The Adapted Self is a safe place to be as you move out of performing but still want to shield from **judgments and bias**, and as you play with transitioning to being more of your Authentic Self.

The Adapted Self is an empowering place to be, because it's driven by your own choice and desire to change your behavior. It serves you and it serves others — and it's still a reflection of your authenticity.

### Exploring Your Adapted Self

Adapting can mean many things, from staying in a job you don't love because it offers you financial security to toning down potty-mouth language around certain family members. When you **make the choice** to adapt, you serve your needs and the needs of others in ways that still reflect who you are.

## Three Ways to Delve Into Your Adapted Self

Drawing on the Exploring Your Authentic Self exercise, go through each of the **Seven Behavioral Dimensions** and ask yourself the following questions:

What are the behavioral dimensions in which I'm comfortable adapting? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In which moments do I exercise my choice to adjust my behavior? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What does my adaptive behavior look like in each of these dimensions? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 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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