



### WHAT

This page will help you develop your ability to determine when it feels right for you to show up as your Authentic Self versus when it feels better for you to be your Adapted Self.

### WHY

There will be many moments in your life where it may not feel right to be your Authentic Self and you will want and/or need to adapt your behavior. Learning to do this in a way that feels empowering is essential, which is what this Empower Page will help you to do.

### HOW

Use what I call the BAAR — Be Authentic or Adaptive Reflection — below to help you make the decision about when to be authentic versus when to adapt your behavior.

## The Three Selves & the BAAR

In my book *The Authenticity Principle*, I share my Three Selves Framework, a continuum that provides a more nuanced way of understanding authentic behavior. My framework highlights that, in our journey to be who we are, each of us possesses the following three selves: the Authentic Self, the Adapted Self, and the Performing Self. (Download my Empower Pages exploring each of the Three Selves [here](#).)

While being your Authentic Self — the truest reflection of who you are at your core — is most empowering, flowing between your Authentic Self and your Adapted Self is also an important experience because it enables you to be true to your needs while meeting the needs of others. The key is to identify when to stay rooted into your Authentic Self versus when to choose to show up as your Adapted Self. And this is exactly what the Be Authentic or Adaptive Reflection — or BAAR — is designed to do!

## How to Use the BAAR

When you combine the BAAR with a deep dive into the [Seven Behavioral Dimensions](#), you will learn to be more self-aware about when to adapt your behaviors to serve your needs and the needs of others in a way that still feels empowering to you. Here is the BAAR:

1. What are my “must do” or “must be” authentic behaviors along the Seven Behavioral Dimensions?

(These are behaviors that are non-negotiable for you. You must be your Authentic Self by showing up in these ways along these dimensions.)

2. What are the behavioral dimensions in which I’m comfortable adapting, and what does my adaptive behavior look like in these dimensions?

(In these dimensions and in these ways, you’re good to behave as your Adapted Self.)

### How will I leverage the BAAR:

1. At work? \_\_\_\_\_
2. In my romantic life? \_\_\_\_\_
3. With my family? \_\_\_\_\_
4. In my friendships? \_\_\_\_\_
5. In social settings? \_\_\_\_\_

## 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](http://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](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

© bhasin consulting inc. 2020