How does power influence the self? Drawing from the Approach/Inhibition theory of power and Construal Level Theory we reasoned that powerful individuals navigate their lives in congruence with their internal inclinations. Thus, we predicted that the powerful should feel more authentic than those with less power. Across a series of experimental and observational studies, we observed that dispositional and contextual power enhance authenticity. Furthermore, we found that power also increases happiness levels, an effect that was mediated by authenticity. Finally, a second set of studies demonstrated that, beyond revealing the self, power can also change it, namely, by enhancing ones extraversion levels.

You are invited!