



# EMPOWER PAGES

by Ritu

## COMMIT TO A SELF-CARE PRACTICE

### WHAT

This page will help you to identify self-care strategies to use when you're feeling stressed, tired, or cranky – moments where you need to rest and restore.

### WHY

Self-care is so rewarding! Practicing self-care on a daily basis will enable you to push your mind, body, and spirit into more of a restorative state, which is key for mental and physical health.

### HOW

Use this page as a checklist to remind you to engage in self-care practices on a daily, weekly, and monthly basis. Remember, it takes daily practice for about a month to form a habit – be consistent to see changes in your life!

**Self-care** is the practice of taking active steps to nurture your well-being and happiness, particularly to prevent, or during periods of, stress. It's any activity that you deliberately do in order to take care of your mind, body, and spirit.

#### **Self-care falls into four areas:**

**Physical self-care:** taking care of your physical body (e.g. eating healthily, exercising regularly, getting good sleep)

**Emotional self-care:** being true to your emotions (e.g. recognizing and honoring how you're feeling)

**Spiritual self-care:** tuning in and caring for your inner self and spirit (e.g. meditating, creating a gratitude journal)

**Workplace self-care:** creating habits at work that give you moments of joy and rest (e.g. going for a walk at lunch, listening to music while working)

People often ask me how I'm able to keep healthy with everything on my plate, and my answer always ties back to self-care! I've realized that in order to be my best, I have to maintain daily, weekly, and monthly self-care practices. For me, this includes working out two to four times a week, going to psychotherapy once a month, reciting daily positive affirmations, and surrounding myself with people who lift my spirit.

### Now It's Your Turn! Identify 2 Self-Care Strategies That You'll Practice:

#### DAILY

- 1.
- 2.

#### WEEKLY

- 1.
- 2.

#### MONTHLY

- 1.
- 2.

## 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/book](http://www.ritubhasin.com/book).

## 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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