



# EMPOWER PAGES

by Ritu

## CREATE YOUR OWN AFFIRMATIONS

### WHAT

This page will help you to identify language to use for self-reinforcement when you're hearing negative self-talk in your head or when you're feeling negative energy.

### WHY

Affirmations are a powerful tool for reframing negative thoughts and being more mindful. This exercise will help you to identify your own affirmation language.

### HOW

Repeat your affirmations regularly when you need them, like in moments of self-doubt or negativity. Be sure to hang this page somewhere in sight or take a picture of it!

### What's an Affirmation?

An affirmation is a self-coaching tool that is used to interrupt negative thinking, by bringing you into the present moment and by stimulating positive thinking in your mind and positive emotions in your body.

Everyone is inspired by different language, so it's important to come up with your own affirmation language.

For example, two of my personal go-to affirmations include, "I can do this" and "I am safe". As you can see, my affirmations are simple, but they work for me.

Keep in mind, affirmations can be short and straightforward yet still have great impact. The key is to remember to say them often in moments of need.

Using "I" statements, what language will you use:

In moments of stress?

(e.g. I am in control.)

| .....

When you're feeling self-doubt?

(e.g. I can do this.)

| .....

When you're feeling afraid?

(e.g. I will shine.)

| .....

To give yourself a "pep talk"?

(e.g. I am safe.)

| .....

Throughout the day to feel good about yourself?

(e.g. I am in Love.)

| .....

NOW IT'S YOUR TURN TO  
CREATE YOUR AFFIRMATIONS!

## 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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