



WHAT

Sometimes we struggle with decisions that we need to make and wish we had more clarity. This Empower Page will help you engage in more conscious and authentic decision making.

WHY

Learning to make decisions that better align with your values will allow you to live in a more authentic and empowered way and to respond to difficult moments with clarity and confidence.

HOW

Use the exercise below to practice applying your authenticity in order to make better decisions in the future in order to live as your best self.

The Power of Choice

Every single day, we make decisions both knowingly and unknowingly, from simple decisions like what to wear to work or what to watch on TV to the heavier ones about whether to have children or start your own business. Each of your decisions shapes your experiences and brings you to where you are in your life. Even in the darkest moments, you can still choose how you to respond.

To make better decisions, you want to (a) recognize that you have the power of choice, (b) explore your values, and (c) connect with your Authentic Self. The following exercise will guide you in making this happen.

A Methodology to Help You With Decision Making

When you know who you are, the values you hold, and what you want from life, you have a firm foundation from which to make decisions about how to handle life’s challenges. Use the following exercise to make stronger decisions going forward.

Ask yourself:

What is the decision I need to make?

Which of my values are important in helping me to make this decision? (Complete the self-reflection exercise here to guide you.)

What aspects of my Authentic Self must be reflected in the choice I make? (Complete the self-reflection exercise here to guide you.)

What are my 3 top options for the decision I need to make?

For each option, what are the upsides and downsides if I were to choose this option?

Now close your eyes and visualize Option 1 as the outcome of your decision. Tuning into your body and using it as a guidepost, ask yourself: How does this option feel for me? Write down your responses, as it’s important for you to see this visually. Repeat these steps for Options 2 and 3.

OPTION 1

OPTION 2

OPTION 3

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Based on what I’ve noted above, which of these options feels like the best choice for this decision?

## 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

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# Ritu

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