



# EMPOWER PAGES

by Ritu

## DISCOVER YOUR INNER COMPASS

### WHAT

This page will help you to reveal the principles, beliefs, desires, meaning, and more that govern who you are and what you're about.

### WHY

This exercise will lead you to better understand your core foundation — i.e. what you're about and what makes you tick.

### HOW

Keep coming back to your responses to help you with decision-making, to provide you with an anchor when times are tough, and to inspire you to take action.

# 01

## YOUR VALUES

The heartbeat of who you are! These are your core beliefs, norms, and principles that guide how you live, the decisions you make, and so much more.

### WHAT ARE YOUR TOP 5 VALUES?

Ask yourself: What principles govern the decisions I make? What beliefs are so important to me that they impact all my behaviors?

# 02

## YOUR VISION

What you see in a crystal ball for your life! This is a description of who you want to become, what you want to accomplish, and how you see your life unfolding.

### WHAT IS THE VISION YOU HAVE FOR YOUR LIFE?

Ask yourself: Who do I want to be? What and whom do I see in my future? What do I want my life to look like?

## YOUR MISSION

Your reason for being! This is an enduring statement of your purpose in life — why you do what you do, for whom, and why.

### WHAT IS YOUR MISSION IN LIFE?

Ask yourself: Why do I do what I do in my life and for whom? What matters to me? What is my purpose?

# 03

## 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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