



# EMPOWER PAGES

by Ritu

## IDENTIFY YOUR “CLOUD RELATIONSHIPS”

### WHAT

This page will help you to identify the people in your life around whom you feel the most relaxed, comfortable, and safe. I call these “cloud relationships”.

### WHY

Deep, meaningful relationships are critical to life’s happiness. This exercise will help you to identify your “clouds”.

### HOW

Use your responses below to remember who to lean on during moments of need.

### Why Do Cloud Relationships Matter?

Picture a big, fluffy, soft cloud that you can fall into at the end of a long, stressful day. That’s exactly what I picture when I think of the kind, loving, and empathetic people in my life who I rely on to provide me with support – they’re my clouds! It’s so important to have cloud relationships in your life because they lift you up with their love. You’ll have heard me say before that relationships are everything for life’s happiness. In fact, research tells us that close, healthy relationships are what keep people happy in life, and they have a positive effect on both physical and mental health.<sup>1</sup> In a nutshell, your clouds matter – they’ll actually help you to live better!

### Reflection Exercise

#### Who Are Your Clouds? Ask Yourself:

##### Who do I turn to when...

I have exciting news to share?

I need a pep talk?

I need a hug?

I need a good cry?

I want to have a night out?

#### How Do Your Clouds Help You? Reflect On:

##### When I’m with a cloud...

In my body, I sense:

In my head, I hear myself saying:

In my heart, I feel:

My breathing becomes:

My energy feels like:

**Treasure your clouds, because they’re a gift!**

<sup>1</sup> <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

## 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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