



# EMPOWER PAGES

by Ritu

## CELEBRATE YOUR GROWTH THIS PAST YEAR

### WHAT

This page will provide you with the tools to explore the past year in ways that will help you with planning ahead for your personal development in the new year.

### WHY

Reflecting back on the previous year allows you to identify areas of your life where you are thriving, areas where you want things to stay the same, areas that you want to work on in the coming year, and more.

### HOW

Use the reflection questions below to do a deep-dive into the last year in order to uncover the areas of your life you want to focus on as part of your personal and professional growth for the new year.

### Reflecting Back on the Past Year

The start of a new year is a great time to take stock of your experiences and development over the past twelve months and to set new goals for the year ahead (or choose a theme, if that's more your speed). In order to create goals that are relevant and meaningful, first you'll want to reflect on your goals, experiences, and accomplishments over the previous year.

#### Thinking about the goals that you set for yourself earlier this year, ask yourself:

How do I feel about the goals/objectives that I set for myself and where I am now?

What are the circumstances that enabled me to achieve my goals? How did I leverage my strengths to make this happen?

In which personal and professional areas did I grow the most this past year? Why did this happen?

#### During which moments in the last year did you feel the most:

Content?

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Unhappy?

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Fulfilled?

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Unfulfilled?

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Successful?

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Challenged?

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Relaxed?

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Stressed?

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#### Drawing on your previous answers, ask yourself:

What did I learn about myself in the last year?

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What were my "epiphany moments"?

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What challenges or hardships did I experience and how did they make me feel? How did I address these situations?

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What were my significant successes this year and why do these moments stand out for me?

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## 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/authenticity-principle](http://www.ritubhasin.com/authenticity-principle).

## 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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