



# EMPOWER PAGES

by Ritu

## CONNECT WITH YOUR CORE ATTRIBUTES

### WHAT

This page will help you to identify your core attributes in order to better understand who you are — your Authentic Self — and the values that motivate and inspire you.

### WHY

When you understand your core attributes, you have a better understanding of who you are, you make better decisions, you feel more confident, and you can be more authentic.

### HOW

Use the reflections below to identify your core attributes — what I call “Who I Am Markers” — so you can live in a more authentic and empowered way.

### Asking the Big Question: Who Am I?

Have you ever stopped to ask yourself, “**Who am I?**” It’s a daunting and monumental question, but it’s an important one to reflect on in order to identify and understand your core attributes.

Understanding your core attributes is about better understanding who you are at your core so that you can live more authentically and be better connected to yourself (learn more about this in my book, *The Authenticity Principle*). Once you connect with your core attributes, you’ll have a stronger sense of what your skills are, what job would be best for you, who you **want to date**, who you **should befriend**, and so much more.

Starting off by exploring more focused, specific questions can be a more effective way to begin, and these small, specific questions can get you the same result of asking the big “Who am I?” question — a better understanding of your personal attributes and the “Who I Am Markers” that will drive your authenticity.

### Ask yourself:

What are ten words that I would use to best describe myself? (If this is tough to answer, then use this question instead: If I were to ask my closest friends, what are 10 words they would use to describe me?)

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

My top five skills are:

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ |          |

### Complete these statements:

I shine most when I: \_\_\_\_\_

I feel most connected to myself when I: \_\_\_\_\_

What are three things that I most wish others knew about me?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are three things that I like most about myself?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 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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