



CHOOSE A THEME FOR YOUR YEAR

WHAT

This page will help you to create identify an overarching purpose or meaning for the coming year.

WHY

By focusing on a theme for your year, you'll have a constant anchor to your values in moments when you have important decisions to make. This theme will help you make better choices so you can live a more intentional, values-based life and thrive.

HOW

Use the exercise below to choose a theme that will help you negotiate situations where there has been a shift in your life.

Why Should You Choose a Theme for Your Year?

When you set a theme for the year ahead, you attach an overarching purpose or meaning to the coming year. One of the great things about doing this is that it will help you make better choices as you constantly strive to live in alignment with your theme.

The key to choosing your theme is to ensure it addresses all spheres of your life: work, personal relationships, finance, self-care, and more. When you have your theme in mind, you will make choices that are right for you.

Some of my previous themes include: Clean House, Choose Better, and of course, Authenticity.

Choosing a Theme That's Right For You

Consider the meaning or purpose you wish to attach to this year across all spheres of your life. Set the stage by responding to the following:

My theme for the year will be:

Why this theme is important:

How I will use this theme during key moments throughout my year:

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.

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!

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