



# EMPOWER PAGES

by Ritu

## SET GOALS FOR THE NEW YEAR

### WHAT

This page will help you to create personal and professional goals for the upcoming year.

### WHY

Despite the negativity out there about creating new year's resolutions, goal setting makes a difference. When you write down your goals, you are more likely to achieve them because you'll have increased clarity about what you want, you'll know how to make it happen, and you'll actually take action.

### HOW

Use the exercise below to plan out what you would like to achieve over the coming year and diarize monthly to check-in on your goals to track your progress.

## Goal Setting is Important!

Don't believe the negative hype about making resolutions. Goal setting matters!

When you set goals, you're essentially planning out the steps and actions that you will take going forward, to bring about desired changes in your life. But to make this happen, your goals need to be SMART<sub>1</sub> (specific, measurable, attainable, relevant, time-bound).

The most important thing I want to focus on in the coming year is:

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Learn more about your values [here](#)

My overall theme for the coming year is:

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Learn more about setting a theme for the year [here](#)

My mission for the coming year is:

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Learn more about how to pick a vision [here](#)

## Create Your Goals for the Coming Year

Keeping the SMART framework in mind, answer the following questions:

My personal goals are:

Self-care:

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Spirituality:

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Fun:

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Finances:

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Relationships:

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My professional goals are:

Career growth:

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Skills development:

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Compensation:

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Work Relationships:

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Profile-building:

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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!



@ritu\_bhasin

[www.ritubhasin.com](http://www.ritubhasin.com)

## 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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