



EMPOWER PAGES

by Ritu

CONQUER DIFFICULT MOMENTS THROUGH SCRIPTING

WHAT

This page will help you to plan out language that you can use in difficult, uncomfortable, and inappropriate situations — moments when you normally shut down and don't know what to say. I call this technique "scripting".

WHY

This exercise will help you to ensure that you increasingly stand in your power by minimizing moments where you would otherwise feel fear and not speak your truth.

HOW

Use the scenario below as a starting point to leverage scripting. Then brainstorm other moments where you shut down, create a script for those moments, and practice your language as much as you can so that it's embedded in your unconscious brain and ready to go when you need it.

What is Scripting, and Why is it Important?

With scripting, we use our conscious thinking to plan out in advance what we will say in moments where we're stunned and literally at a loss for words. By pre-planning in advance, we tuck language into our unconscious brain so that when we're gripped by fear, the language is available to us. We just have to hit "play"!

When to Use Scripting

For any difficult situation! Moments when you know you're likely to shut down, like when someone's rude to you or when an offensive comment is made, at team meetings or job interviews, in situations where you feel like an impostor, during a difficult conversation with a loved one, and more.

Your Turn — Create a Script:

Think about a situation that you often find yourself in where you feel frozen in the moment and are unable to speak your mind. Now answer the following questions to create your own script:

When does this situation happen?

Who is usually involved?

What is it about this situation that causes you to shut down? What do you fear? Instead, if you felt empowered in this situation and could speak freely, what language would you use? Write these words down, review them, and make any necessary changes. This is your script for this moment in the future. Now, practice, practice, and practice!

Want to Learn More? Check Out My Video on the Power of Scripting

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.

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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