

# Being your truest self: Understanding Authenticity



Sometimes we end up taking on traits that others expect of us or act in certain ways because others tell us this is how we “should” act. But is that being authentic to who you are?

The dictionary definition of authentic is: “true to one's own personality, spirit, or character.” Does this sound like you? If it doesn't, this resource might be able to help you get to know yourself better and be your most authentic self.

This resource is a collection of thoughts and suggestions based on lived experiences around living your most authentic life and being your truest self.

Do you feel like there are parts of yourself that you've molded or changed to make other people happy or to fit in? If you don't want to feel that way anymore, here are 5 tips you can try to be more authentically you!:

**1. Do things that bring you joy:** often we do things we HAVE to do, but those things might not necessarily be things we WANT to do. Taking time to do the things that make you happy is a great way to reconnect with who you truly are and what you really want.

**2. Spend time with people who get you:** we might have people in our lives that we feel like we have to put on an act for, or change our personalities/interests slightly to be around. These people might be important to you, but it's also important to understand that spending time with people like this can mean you're not being your most authentic self. Try to carve out time to spend with people you know really see you for you and who you can be 100% yourself around.

**3. Spend time with YOU:** spending time alone can be a great way to tap into your most authentic self. If you can't be your truest self with you, how can you be your truest self with others? Making time for you is so important.

# Being your truest self: Understanding Authenticity



**4. Reminding yourself to be who you are no matter what:** leaving little notes for yourself, or coming up with a phrase that you can say to yourself to remind yourself to practice authenticity is a great way to stay connected to this goal. When you find yourself in a situation where you feel yourself adapting to fit in or not saying what you really feel, having these reminders in place can be super helpful.

Here are some ideas:

- I am who I am
- I love my true and authentic self
- I deserve to be who I am
- Authenticity matters
- Who I am matters

**5. Acknowledging that you will change and that is ok!:** as we go through life, who we are, what we believe, what we want, who we spend time with, etc. all changes. These changes are completely normal. As these changes happen, it is good to be aware of them and to remain authentic to who you are at that time, even as things change.

Being authentically you all of the time might not seem like a difficult thing to do, but there are often moments in one's life where authenticity can be harder to practice. If you're in one of these moments, or these moments seem to happen for you a lot, try out these tips for reconnecting with who you truly are and getting to know yourself better!