

EMPLOYEE ASSISTANCE PROGRAM

BEING YOUR AUTHENTIC SELF

"Authenticity is about being true to who you are." (Michael Jordan)

Do you hide who you really are from the people you work with, live with, or even from yourself? Being your authentic self is daring to be open and honest about your values and goals. It requires courage and a willingness to be vulnerable, which is not always easy when you feel social pressure to think or act in a certain way. However, being authentic can help you gain trust, form deeper connections with others, and live a more rewarding life.

Knowing who you really are and what inspires you are the first steps. Some ways to practice being your authentic self are as follows:

- **Be kind to yourself and others, and treat yourself as you would a friend.** Being comfortable with yourself means accepting and loving who you are, flaws and all. Remember we're all imperfect beings. Let go of negative self-limiting beliefs and self-critical thoughts.
- **Be sincere; don't pretend to be someone or something you're not.** Practice being true to who you are and allow people to know the real you, even at work. While it's important to maintain appropriate boundaries with others, sharing your passions and interests helps people get to know and trust you.
- **Take care of yourself physically, mentally, and emotionally.** Meeting your own needs is not selfish or inconsiderate. When you practice good self-care, you show others that you value yourself enough to take time for your needs, and others should do the same.
- **Practice honesty and assertiveness.** It takes confidence to walk away from people or situations that feel toxic to you, but it's another form of self-care and of being true to your values.

When you know who you are and take action to do what matters most to you, you'll be on the path to your authentic self and a happier life.

