

Living an Authentic Life

Unhappiness can occur when we are not living our lives in a way that is congruent with our authentic self. So many of us get stuck on the proverbial “hamster wheel” of life -- an endless cycle of work and home responsibilities. How often do we pause to reflect about who we truly are and why we do what we do? Lack of deeper meaning and connection in our work and life roles causes us to shift into autopilot – a state of unconsciousness and stagnation.

Being genuine can be difficult. It takes courage to share your thoughts and opinions knowing that others may not agree with you.

Not sure where to start? Give these suggestions a try:



- **Speak your mind...reasonably** – Take time to formulate respectful opinions, and then don't be shy about sharing them. Remember, not everyone will share your perspective, and that's okay.
- **Forge your own path** – Discover your own passion and purpose. Don't let external factors dictate your life's course. Learn to trust your internal compass.
- **Embrace vulnerability** – This is one of *the* hardest things to do. While our culture values strength and stoicism, being vulnerable, and open is essential to learning and growth.
- **Be open-minded** – Don't take someone else's opinion as a personal attack, and don't waste your precious energy on elaborate revenge plots when you find yourself in a disagreement with someone. Living authentically means asking others to accept you as you are...and returning the favor.
- **Build strong identities** – A strong, authentic sense-of-self is a protective factor that can be developed by getting back to activities you enjoy that provide purpose and meaning, spending time with supportive friends, family, and/or coworkers.



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