12 Habits for Well-Being: Embrace Authenticity

Goal: Be genuine with your words; say what you mean and mean what you say.

Henry David Thoreau once said, “Be yourself – not your idea of what you think somebody else’s idea of yourself should be.” Each of us faces a daily barrage of expectations from patients, colleagues and family, often amplified by the unrelenting pull of ads and social media. But for some of us, the demand for perfection comes from within – a deep need to perform perfectly in every role we play in life. This can lead us away from who we truly are as we replace our own authentic thoughts and actions with what we picture as the perfect parent, spouse, health care professional or leader. We can begin to lose ourselves, and the world around us is deprived of the unique ideas and perspectives we could share.

Meaningful connections are always grounded in honesty and authenticity. Whether it’s establishing a good working relationship with a patient or colleague, or building trust for a lifetime with family and friends, we have to bring our true selves to the table and recognize the gift we are offering to others. It takes courage to be authentic, but the rewards are well worth it.

“Authenticity and honesty in your words and actions are a gift to everyone around you. Be generous with that gift.”

-Annie T. Sadosty, MD, Emergency Medicine physician and Regional Vice President, Mayo Clinic Health System - Southeastern Minnesota

Use these quick tips and make it a habit to Embrace Authenticity:

- Be genuine in your thoughts, words, and actions towards yourself and others
- Respect yourself and value the input that you bring to the table
- Be open to constructive criticism but not easily swayed by others’ opinions of you
- Be honest and kind with yourself
- Take satisfaction in living a life of integrity