Opinion Essay: Being Yourself Means to Acknowledge Your Personality Traits, Actions, Values and Beliefs

We hear this phrase all the time but what exactly does it mean. Some people argue that “being yourself” has to do with your relationship with others, and that is giving attention to what people think about you while others argue that it has to do with a relationship you have with your self. To simply put, caring about what people think about you is an attribute to not being yourself. “Being yourself” has a lot to do with what you think of yourself.

In my own opinion, to be yourself means knowing your values and acting according to them without any facade. By this is I mean, don’t try adding something you like about your friend to your personality just to get people to like you. It won’t work because when they discover your real character, they will pull away from you. Be comfortable in your values and people will respect you for it.

Being yourself means to acknowledge your personality traits

Some people are more reserved while others are outgoing. Get to know your trait, accept it, and make the most out of it too. Don't try and be an introvert when you know yourself as an extrovert. Making the best out of your personality trait is what matters and not trying to switch, as this will not work. If you feel you are too reserved, try going out for movies with some friends once in a while and if you feel you go out a lot, try indulging and cuddling up on your sofa and enjoy movies on Netflix.

Whatever your personality is, don’t hate yourself for it and don’t try and be who you are not, as no personality trait is more inferior or superior to the other. Acknowledging your personality trait allows you to make plans decisions based on your inclination.

Being yourself means taking responsibility for your actions

When you are your authentic self, you will own up to your mistakes and take responsibilities where you should. You will be able to acknowledge your role in your life without passing blames.

Human beings are naturally too quick to blame others and also too quick to defend our mistakes instead of owing up to it. We may feel good once we’ve passed the blame, but that feeling is only temporary. While we may feel good temporarily, and not only is it unfair to the person we have shifted the blame to, it is also unfair to you, because you will end up feeling guilty afterwards.

If you find yourself in a situation where you have made mistake, accept it, take charge or it, correct it if is something you can correct and if not, learn from it. Making effort to learn from your mistakes, prepares you for a better tomorrow.

Likewise, taking responsibility for your actions is not always gloomy, it also means giving

yourself credit when you do well at something. If you succeed at meeting your deadlines, take the credit for it, because you did it and so you deserve it.

Being yourself means being proud of your values and beliefs

When you know your values and morals in life and stick to them without trying to deviate makes you to be in a strong position of achieving your goals.

Although knowing what you want in life can sometimes be difficult to figure out, I suggest you take it bit by bit. Try out something, one at a time, if one works, repeat it many times so as to form a concrete value.

Being yourself does not mean being hard on yourself

Why are still miserable over that situation? Why beat yourself up? Many at a times, we find ourselves in a situation where we are still feeling low about what happened; it is normal to feel that way but why dwell on it? Forgive yourself and move on. Am sure you might be saying, is not that easy or better still, how can I forgive myself?

In order to forgive yourself, you have to first, admit your mistake, be willing make amends that are within your boundary, and learn from it. Forgiving yourself is not a weak attribute neither does it undermine your values. Instead, it increases your self-esteem and keeps your motivation up.

May I at this point say that there are some situations that will be out of one’s control and therefore difficult to restore and will not require you to take the above steps. An example of such will be an abuse or loss. While we don’t have control over these situations, the message to take away from this is that being hard on yourself cannot undo the situation.

Being yourself does not mean isolating yourself

Isolating yourself in the name of “being yourself” is not an option. Strive to be comfortable in your self, even if you think you are not good enough, that's the enemy's lie hence why am writing this book to tell you that you are unique in your way and can change someone's life or the world with your unique ability.

Isolation leads you into more problems such as mental health, depression, and frustration.

Withdrawing from friends, withdrawing from yourself internally, rather than embrace yourself and come out. instead draw from the network around