To find yourself, think for yourself

Socrates

Explanation a)

it means that to find what you like and what you want to be, you have to rely on yourself. It means that you should get out of those group-think mindset and stand for your own choices and ideas. It may be hard at first, but you will later experience freedom.  
  
Explanation b)

it means that sometimes being a little selfish isn´t bad for ourselves, our bodies and our lifestyle. It is said that too much of everything is bad, but the opposite is also truth. Sometimes being too selfless (like when you always think about others first) can even distance you from the goal, which is to really know yourself.