We are all assigned roles by our families, our educational institutions, and our workplaces. We also assign roles to ourselves. These roles often restrict us, limiting our creativity, our artfulness, and our personal potency. Ellen, like Ted and Bill, decided to bring more of herself to her work. None of the three of them underwent any major personality change. They merely decided to shed restrictive roles or challenge restrictive organizational norms, and to bring more of themselves to their work. They decided to be more self-expressive, more artful in their work.

The best thing we can do for ourselves, if we want to be more artful and effective at our work, is ask ourselves these two questions:

1. What aspect of myself do I value and enjoy that I do not currently bring to my work?
2. How might I bring that aspect of myself to my work?

And, the best thing we can do for one another is to see who the people around us ARE and quit assigning roles to one another. If we could do that, it would make it easier for all of us to bring ourselves to our work, to truly transform our work into art, and to celebrate ourselves as the self-expressive, creative beings that we are.

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