Reflection

The Art You've Been Hiding

A companion to "You Don't Need to Make More Art. You Need to Stop Hiding the One You Already Are." Take your time with these. There's no right answer, only an honest one.

1. Think of a quality in yourself you've learned to call "ordinary" rather than naming as a gift. What is it, and when did you start hiding it?

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2. Where in your life do you feel the least need to perform — the room with no audience, no incentive, no résumé to protect? What do you notice about yourself there?

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3. Jeff says the men he sits with have rarely been told they have worth or value. Who told you that you did, and how did you receive it?

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4. What would it look like to stop trying to "finish" something in yourself, and instead trust it as already complete?

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5. If your life's quiet work of art were named today, what would you call it?

This week's practice:

Notice one moment this week when you minimize something good in yourself by calling it "no big deal." Pause. See if you can let it be art instead.