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Reference

- [Your career has two components: your medium and your message. Your medium is how you express yourself, but your message is what you express.](#) ^[1]
- [Your career has two components: your medium and your message. Your medium is how you express yourself, but your message is what you express.](#) ^[2]
- [Your career has two components: your medium and your message. Your medium is how you express yourself, but your message is what you express.](#) ^[2]

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[...] You learn best and most effectively when you are learning something that you care about. Your work becomes meaningful and something you can be proud of only when you have chosen it for yourself. This is why our second self-directive is to *build your volitional muscles*. Your volition is your ability to make decisions and act on them. To set your own goals, choose your own path, and decide what matters to you. Like physical muscles, you build your volitional muscles by exercising them, and in doing so you can increase your sense of what's possible.

LLMs are good at giving fast answers. They're not good at knowing what questions you care about, or which answers are meaningful. Only you can do that. **You should use AI-powered tools to complement or increase your agency, not replace it.**

— [Recurse Center](#), Developing our position on AI

Posted [24th July 2025](#) at 7:41 am

1. <https://personalexcellence.co/blog/message-medium/>

2. [HN](#)

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