

SUBJECT: You're supposed to open this

When I look back on the first 26 years of my life, I feel like I'm watching a movie of an actor who played someone that looked almost exactly like me.

I don't know *who* that guy was, but I know he wasn't *me*.

He was a version of me. A character. Performer. Actor.

He was someone who was given a *Script from Society* that said "here's who you're supposed to be."

Yet none of it ever felt quite right...

Other people loved the character. He was successful. Funny. Charming.

But it was all a mask. A projection. A screen.

Thinking about it is fucking *weird*. I don't even know how to write about it. It feels more like I'm writing a biography than an autobiography.

I feel like I'm writing about someone else...except I know every detail of what they went through. I know what they thought and felt. What they loved and hated. I know their deepest desires and darkest fears.

But none of it feels like it happened to me.

I was too busy living in the land of "supposed to" to be able to experience *this* world.

I was a performer. A pleaser of people. A puppet controlled by another puppet who believed life was about an imaginary piece of paper.

He was obsessed with his resume. This apparent "about me" page that the world could see and use to deem me enough. One of the greats. An important man.

This mythical list of accomplishments was supposed to make me happy. It was supposed to let other people know I was successful.

It was all obsessed with one word: *Supposed*.

And that's the word that seems to drive most people. It's one of the key words given to us in the *Script of Society*.

"You're supposed to go to college."

"You're supposed to get a real job."

"You're supposed to settle down, buy a house, get married, and have two and a half kids."

"You're supposed to do what you're told."

That last sentence, that's the one that really fucks us.

That's the one that shapes our everyday behavior.

We're taught from a young age that other people's opinions and beliefs are more important than our own.

Listen to your teacher, coach, parents, siblings, preacher, police, politicians.

Don't listen to *yourself*.

Listen to the authority figures who are just regurgitating what they learned from the authority figures from their childhood.

A teacher says "you're just not good at math."

A coach says "that's not how you hold the racket."

Your parents says "that's not possible."

And you believe them. Because that's what you're supposed to do.

But what if you already have the answers?

What if you already know what's most important to you?

What if you already know who you are and who you're meant to be?

What if you're just one insight away from becoming your Self?

I personally think that's where you are right now...one small realization...and one massive leap away from where you want to be.

But you have to break the programming. You have to install a new operating system.

You have to get out of your own way and stop living in the land of "supposed to."

The only thing you're truly "supposed to do" is *become exactly who you are*.

So do that.

Stop listening to the people who say you can't do it. Stop listening to the record playing in your head that says you're not enough...that you don't deserve it. Stop giving so much credit to the voice of doubt in your mind.

Stop thinking about HOW you're going to do it and focus on WHAT you're going to do.

Stop reading from the *Script of Society*.

Embrace *your* path.

You are enough. You do deserve it.

To you,
Ian "on the path" Stanley

P.S. I feel like I'm truly on my path for the first time in my life. I'm doing just about everything that's important to me.

And it's *scary as fuck*.

Fear is not just a part of the path. It's the map. It's the compass.

Tonight I'm doing stand up comedy in front of hundreds of people in a competition. Am I scared? Check. Still gonna do it.

I'm writing about vulnerable and different material than normal right now. Am I afraid to share it? Check. Still gonna do it.

I'm gonna squat today. Will I want to do it? I never want to squat. Still gonna do it.

I started a new business with my coach/therapist who I deeply admire and respect. We sold out our first event and I feel like I'm doing exactly what I'm supposed to be doing with my life. Does that terrify me?
Abso-fucking-lutely.

There's nothing scarier in this life than becoming exactly who you are.

And it's not easy. But it's worth it.

P.P.S. If you wanna know more about our events coming up then click [here](#).