

FROM: Your Ego

SUBJECT: Stay

Hey this is a quick message from Your Ego...

STAY.

Stay exactly where you are. Don't move. Don't grow. Don't change.

I HATE change.

So please, whatever you do, don't challenge yourself. Don't invest in yourself. Don't push yourself.

Stay comfortable. Stay safe.

And don't worry...I'll be here to help you stay in your comfort zone. I've got some killer excuses locked and loaded for the next time you want to grow.

I'm always here for you...making sure nothing gets too scary.

I wear a lot of different outfits so my message never gets stale.

I dress up as your friends who are jealous of your growth. I'm the nagging comments from your parents asking when you're going to get a "real job." I'm the niggling little voice in the morning that says "just nine more minutes of sleep."

I'm the whispers in your ear that tell you you're not enough. You're not ready. You don't deserve it.

I know I may seem a little harsh...but I'm doing it for YOU.

I just want to keep you safe. And I'll do whatever I need to do to ensure that happens.

I know you already hear a lot of chatter from me in your brain on a minute to minute basis. But I just wanted to send you an email reminder to keep you in check.

Remember, change is the enemy.

Stay safe,

Your Ego (from the deranged mind of Ian Stanley)