Steven Patti reflects on the years spent chasing goals that were never His

I spent years nodding along to dinner conversations about career goals that weren't mine, smiling through social events I dreaded attending, and pursuing achievements that looked impressive but felt hollow.

Garden City, New York Mar 10, 2026 (Issuewire.com) - Most people never alter their lives, not because they fear failing, but because they cannot differentiate between what they want and what is expected of them. Steven Patti says, after years of performing a version of someone shaped by the expectations of outsiders, people often fail to recognize which desires are truly their own. This is why the president of Long Island TV Magazine has offered some insights along with an exercise on how to deal with this situation.

"Write down five things you're currently working toward", Steven said. "Now, next to each one, note whether you decided to pursue it in private reflection or after discussing it with someone else. Individuals present themselves in ways others will accept and validate". This helps people meticulously manage their self-image in various social contexts. "We're constantly adjusting our desires, dreams, and decisions based on invisible scripts we've internalized. Steve continues. "I remember sitting in a corporate meeting at 31, listening to myself outline a five-year plan that sounded perfect. The only problem? Every word felt like I was reading someone else's life. We're following rules we never consciously agreed to follow. That disconnect between what we say we want and what actually lights us up inside isn't laziness or lack of motivation. Notice when you use phrases like "I should" or "I need to" – whose voice is really speaking?" He further spoke.

Additionally, Patti advises people to notice decisions bringing relief rather than excitement in life. He also proposes to look at how often the choices are explained through the opinions of other people. At the same time, he encourages people to really discern the goals that feel meaningful in private, as many people work hard to build a version of themselves that others respect. According to Steven, the most important thing one can do is reflect. Know more details at: https://longislandtvmagazine.com/.

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