

Relax, Everything Doesn't Need to be Easy

Taking a shower and brushing your teeth is easier to talk about than it is to actually do. Preparing a meal or riding a bike is easier to talk about than it is to actually do. Going to the gym, making changes in your diet, becoming a better listener, establishing healthy boundaries, hosting a friend's birthday party, learning a new instrument, showing up at your job— it's all easier to talk about than it is to actually do.

Most things, from the simple to the complex, require an increase in the expenditure of time, energy, and effort when you make the shift from merely talking about them to actually doing them. This simple and widespread fact has never been a sufficient reason for failing to engage in constructive action.

If you have something you're thinking about doing, don't refuse to do it merely because it takes a greater amount of hard work. No matter what you choose to do, you'll have to figure out a way to deal with scarcity and sacrifice anyway.

Yes, change is easier said than done, but it's much better done than said.