
It's Hard Because We Say It Is

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How often do you hear people talk about how difficult something is? How often do you talk about how difficult something is? The list may be endless. And, when people agree how difficult something is, it actually solidifies the narrative. Often times, the ultimate in collaboration is to be on one accord; comparing the endless challenges we face. The all too familiar response is, “I know, right?” This also helps to solidify the narrative – because we humans love to be right. The confirmation can be satisfying, even exhilarating. When you really think about it, to do otherwise seriously challenges the status quo. Imagine if someone was talking about how hard something is and we simply ask them what’s hard about it? They’re likely to expend more energy trying to convince you how hard it is, than to come up with a solution.

So why **is** it so hard? It’s hard because we **say** it is!

One of my favorite quotes is by Henry Ford. He said, “Whether you think you can or you think you can’t, you’re right.” It’s such a simple concept, yet it’s infinitely powerful. So what if what I mentioned earlier is true; we humans love to be right. It comes down to a single fundamental truth. Some people are willing to be right in **spite** of their health, their happiness, and their harmony.

Everything we do is a choice. I’m sure you’ve heard that before. There are those who would argue that point (to be right). “I have to go to work, I don’t have any choice.” “You don’t understand, I don’t have a choice in the matter.” Actually – you do! Any decision you make, begins and ends with choice. However, what usually dominates the focus is the fear of consequences. It’s about what happens if you do or don’t do something. So you see, you do have a choice.

When you voluntarily deny yourself the power of choice, you slowly begin to erode your position of power.

The power I'm talking about is the power over circumstance. Don't believe me? Here's an example. I am blessed enough to see my children have children. My two younger granddaughters (I have three), are two and three years old. They each have their own personality, and their own power over circumstance. As children their age do, there are times they make choices in spite of circumstances. Why? Because they **choose** to. Sometimes I chuckle when one of them does something they've been told not to do (by one of their parents, of course). Their "act of independence" is usually followed by the proverbial parental inquiry, "Why would you do that after I told you not to?" In those moments, I mutter to myself, "Because she wanted to!" Now before you label me as an instigator, I'm simply sharing a perspective. Whatever she did, she did it because she wanted to. She made a choice; in spite of the circumstances and/or consequence. The essence of the action is the point. Their **desire** outweighs the **consequence**.

What desire of yours outweighs the consequence? Better yet, what consequence outweighs your desire? When did you decide that? What if you decided is isn't hard at all? Remember: any decision you make, begins and ends with a choice. So what if you choose to decide the desire **does** outweigh the consequence? It would mean you'd be right! Remember when I said we humans love to be right? Well...whether you think you can or you think you can't, you're right. Which "right" do you choose to be?