

The word “easy” has become - somehow the ultimate goal for everything.

Maybe not on purpose - but it’s a default setting we look for with **everything**, regardless of what it is.

Easy - according to the dictionary, means:

- Achieved without effort.
- Uncomplicated, undemanding, unchallenging.

There are easy dinners, workouts, easy as 1, 2, 3, easy reading, easy to watch TV, easy button, easy listening... EASY, EASY, EASY.

We come at easy with other words like hacks, convenient or convenience, no brainer, easy peasy. And we do that because we don’t want to be reminded that easy and convenience often come with a price.

And if we can find a similar path to “easy” (without, say, the health implications), then we’re all in.

Right? No condemnation btw - this is just how we’re all wired.

If you can make it easy, then the buy-in is... well, easy. 😊

But here’s where I think we’ve got it all wrong when it comes to easy - we put “easy” in the wrong slot in our thinking process.

This is from my journal last week -

We want it easy - we want the choice to be easy. We want the decision to be easy, and we just want the process to be - **easy**.

But it's not.

That's when we really do board the struggle bus, and it's because the struggle bus has a destination of **easy**.

When in fact, the destination should be **transformation**. And this is when the redefinition comes in:

Easy is really following through with what you want. Regardless of what it means.

So if you want to be fit (for example), you stop your inner discussions on the topic.

You "just do it" (Nike)

You "find a way" (Diana Nyad)

"Amateurs sit and wait for inspiration - the rest of us just get up and go to work." -Stephen King

- Hard is the mental anguish of breaking your promises to yourself on repeat.
- Hard is getting a diagnosis that could have been avoided by a change of lifestyle.
- Hard is not being able to participate with the family or kids.
- Hard is regret from missing out.
- Hard is being out of breath, unable to tie your own shoes, and being in pain.

Easy is following through on what you said you were going to do.

Easy is ignoring your amygdala and being in charge of your own brain.

Easy is as simple as -

Making a plan.

Scheduling the things that need to be scheduled.

Doing it.

Then high-fiving and congratulating yourself that you chose **easy**.

Easy is the way - it's not getting aboard the struggle bus btw.

“Am I willing to let it be easy?”