

# Stop Saying, “It’s Hard”

Because It’s Really Not

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“It’s just so hard.”

I keep hearing people say this. About writing. About business. About marketing and [sharing your work](#) and creating art and everything that is good for us that we are scared to do.

No. It’s not hard. And I’m so sick of hearing smart, competent people say it is.

**Here’s a list of things that are hard (in no particular order):**

- Childbirth is hard (I’ve been told).
- Parenting is hard.
- Dealing with loss and pain and injustice is hard.
- Being born in another era or another country where you don’t have access to incredible opportunities to create change right where you are, that’s hard.
- Fighting tyranny to create a better future for your grandchildren is hard.

But writing? Making things? Doing work that matters? No. That’s not hard. The path has been laid before you. The manuals have been written, the precedents set. The formulas are already there for you.

All you have to do is take the first step.

**Here’s a list of things that are not hard:**

- It’s not hard to [write 500 words a day](#).
- It’s not hard to [start a blog](#).
- It’s not hard to Google your biggest struggles and find free answers on YouTube or Quora.
- It’s not hard to create something new every day and share it with the world. It’s not even hard to [start a business](#).
- It’s not hard to take advantage of the millions of opportunities available to you right now.

**Facing reality**

Is it scary?

*Sure.*

Will there be failure?

*You bet.*

But is it hard?

*No, I’m sorry. You can’t say that anymore.*

We live in the most affluent era of history with the greatest advancements in technology the world has ever seen.

If you are reading this right now, you are privileged. Don’t waste that privilege by saying something absurd like “it’s hard.”

It’s never been easier to do work that matters, create the life you want, and change the world (albeit, perhaps in your own small way).

Telling yourself it’s hard isn’t helping you. It’s just another reason to stall.