



It's Hard to Choose the Easy Life! *And why this irony is preventative*

by Elizabeth J. Agnew

What is all this whoopla about “the easy life”? About effortless and flow, about how you can find happiness by working with a coach or attending a 3-day workshop? I’m here to point out the irony: it’s HARD to choose “the easy life”!! Why else would people not do it?

Let’s first define what the easy life means. If life were easy, a bunch of other stuff would be too: decisions would be easy, navigating relationships and careers would be easy, and somehow, money would be there for the things you needed. You wouldn’t tolerate draining friendships, you wouldn’t toss and turn at night about the things you have to do the next day, you wouldn’t be upset for days about an interaction you had with a friend. Things and people would be there when you needed them, and changes in plans wouldn’t be devastating. Basically, going about your day would be pleasant and easy.

As my title indicates, I am telling you this is a choice. People choose whether they want their life to feel easy, or hard. Why are so many people unhappy? There may be a lot of honor in working hard, in suffering for a bigger cause. If you suffer, you get to be the hero. But when do you actually get to reap the benefits of being the hero? Not until you’re done suffering for yourself. Start today. Don’t be the victim of your own life! Make YOUR life work for YOU.

So what is it gonna take to make this choice? Strength, responsibility, intentionality, formality, honesty, to name a few honorable qualities. And here is precisely the irony – we just said that the honor was in suffering through the hard life! That is the myth, and that is how I’m trying to help you mentally reframe your life so that it can feel easy.

Which is stronger: calling your brother to tell him what he said really upset you so that he can acknowledge you and apologize (easy life) or whining about it to your sister who had a similar experience and letting the frustration build up and build up until you see him at Christmas and blow up (hard life)!

Which is more honest: working hard every day at a job that makes you miserable (hard life), or facing to yourself that you could contribute more to the world in a different way and moving on (easy life).

Which is more intentional: complaining that you don’t have time to keep in touch with old friends (hard life), or formally scheduling part of your week for this purpose, which in the end will bring you joy and connection (easy life).

Although these anecdotes are discrete events, choosing the easy life manifests itself in the tiniest moments. It’s that split second after your significant other says something that rubs you the wrong way and you’re deciding between making a retaliating remark that would satisfy your childish ego, or taking a deep breath and responding with integrity.

It's that moment when you stub your toe, and instead of muttering a profanity decide – in the moment – to just relax about it.

It is in these split-second moments when you choose to act with integrity, taking FULL responsibility for your life and what happens to you in it, even if these happenings are out of your control. Total responsibility is the understanding that when something happens, it is only you who is *able to respond* in such a way to care for your happiness. It's knowing that your response to what comes and goes in your life is completely your choice.

I'm saying that whether life feels *easy* or *hard* is your choice. A lot of people have it in their minds that life "should" feel difficult. In order to make choices that allow for this *ease*, it's important to let *go* of the things you feel like you *should do*. What "ease" might really mean is a feeling of freedom. This freedom comes when you feel that your actions are in complete alignment with who you are.

The next time you find yourself complaining (i.e. being the victim of your own life), stop complaining and start changing. *Feel free and able to respond*: change something within your control to eliminate whatever you're tolerating, or accept it and focus on something pleasant so that you become a source of positivity for yourself and for those around you. Taking responsibility will bring you freedom.

The 'easy life' is a hard choice, and may even feel harder at first than the 'hard life', but when you get used to being in the driver's seat of your own happiness, you will not be turning that car around.



Elizabeth J. Agnew
Vision, Goal, Action. Life Coaching
www.vgacoaching.com
liz@vgacoaching.com
415.831.2390
