

## *It's Real Easy...*

By Mike Syslo

It's real easy to do nothing,  
it takes an effort to do something.  
It's real easy to let someone hold your hand,  
it takes an effort to hold someone's hand.  
It's real easy to simply stay at home,  
it takes an effort to be with your spouse.  
It's real easy to say, "No, we can't..."  
it takes an effort to say, "Yes (or maybe),  
let's figure out how..."  
It's real easy to not exercise,  
it takes an effort to exercise regularly.  
It's real easy to ignore a stranger,  
it takes an effort to make a stranger feel  
welcome.  
It's real easy to let someone kiss you,  
it takes an effort to kiss someone.  
It's real easy to watch TV,  
it takes an effort to read a book.  
It's real easy to get distracted,  
it takes an effort to pay attention.  
It's real easy to eat whatever and whenever you  
want,  
it takes an effort to maintain a proper diet  
and weight.  
It's real easy to give a reason not to,  
it takes an effort to provide for the needs  
of someone close.  
It's real easy to listen to music,  
it takes an effort to listen to a talk show.  
It's real easy to turn down an award in all  
humility,  
it takes an effort to allow people to honor  
you.  
It's real easy to not be affectionate,  
it takes an effort to touch, hold or hug  
someone.  
It's real easy to say, "It's someone else's job,"  
it takes an effort to pick up some litter.  
It's real easy to just drop things or pile them up,  
it takes an effort to put them where they  
belong.  
It's real easy to put off your studies,  
it takes an effort to learn the subject well.  
It's real easy to skip practice,  
it takes an effort to be good at something.

It's real easy to criticize,  
it takes an effort to advise.  
It's real easy to talk,  
it takes an effort to listen.  
It's real easy to let dirt or junk accumulate,  
it takes an effort to keep something clean.  
It's real easy to say, "I believe,"  
it takes an effort to walk the talk.  
It's real easy to sleep in on Sunday,  
it takes an effort to go to church.  
It's real easy to give orders,  
it takes an effort to follow them.  
It's real easy to talk,  
it takes an effort to communicate.  
It's real easy to receive honors,  
it takes an effort to earn them.  
It's real easy to call someone "friend,"  
it takes an effort to act like one.  
It's real easy to order people to follow,  
it takes an effort to earn their respect.  
It's real easy to buy fast food,  
it takes an effort to cook a meal.  
It's real easy to put off till tomorrow,  
it takes an effort to do it now.  
It's real easy to say, "I love you,"  
it takes an effort to show it.  
It's real easy to say, "Let's just fix it,"  
it takes an effort to do it right the first  
time.  
It's real easy to hide behind others,  
it takes an effort to stand out in front.  
It's real easy to ignore someone in need,  
it takes an effort to help them.  
It's real easy to stay as you are,  
it takes an effort to become better.

"That's just the way I am." I have heard this said by many people to justify what they do or should I say "don't do." Take a quick look back at the items listed above. All of these are behavioral. All of these are based on either no action or some action. When it comes to action, to-do or not-to-do is totally based on choice. It's all a matter of choice. You can choose to stay as you are or you can choose to become better. The choice is all yours.