

# Why Is Believing in Yourself So Hard?

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I've realized there's an underlying fear in chasing dreams—in stepping into the space of where you want to be. It's often said that starting is the hardest part. But that's not entirely true. Watching something not work out isn't the hardest part, and neither is failing completely.

The real challenge is the back-and-forth battle within yourself—the constant shift between believing you are capable and believing you aren't. I've come to understand that most people don't give up because they lack skill, motivation, or opportunity. More often than not, it comes down to belief.

It's not about whether you can do something.

It's about whether you truly believe that you can.

The concept of belief is something that is often discussed, but rarely understood. Many people think of belief as simply trusting something you cannot see. While that aligns with the textbook definition—the acceptance that something is true or exists—there is a key element missing when it comes to applying belief in real life.

For example, you can believe you will become an amazing writer. You can practice, stay consistent, and put in hours of work. But what happens when the results don't reflect that effort? What happens when people doubt you or don't connect with your work?

It becomes extremely difficult to hold onto that belief when you begin to carry the weight of your own dreams and expectations.

That is why belief alone is not enough.

The element that allows belief to endure is faith.

Faith is often overlooked or misunderstood because it requires absolute trust and confidence in something that has not yet been seen or obtained.

If belief is the car that moves you forward, then faith is the engine that keeps it running.

You need both in order to succeed.

There will be days when your results don't reflect your effort, and when others begin to doubt your ability. In those moments, faith is what allows you to hold onto your belief in the goals and dreams that shape your life.

Faith becomes the peace you carry throughout the journey. It allows you to continue moving forward without being controlled by fear.

Hard work, time, opportunity, and belief are all necessary to begin pursuing your dreams and goals. However, without faith, you risk becoming stuck in a cycle of starting, quitting, and starting again.

Allow your faith to carry you across any finish line you seek, because it is your strongest asset.

Your dreams are never too big, your plans are never too daunting, and your goals are never too difficult—your faith has simply been too small.

So from this moment forward, let it grow.