

Belief and Action

Today, we wander briefly into the lexicon most often associated with organized religion -- we're going to talk a little about personal belief.

Am I going to expect you all to stand up and shout hallelujah? No, I'm not. Do I expect you to add a contribution to the donation plate? No, I don't -- although if you buy your holiday gifts from any of my Amazon.com links, I'd appreciate it.

No -- I'm going to wade into how belief affects our lives. I'm not taking belief in a supreme being, nor faith as a synonym for organized religion. I'm talking about putting your belief in action.

Let me start by asking this: do you believe in yourself? Do you really, truly, undeniably believe in yourself and your abilities?

If so -- and I'll assume you answered yes to the question -- do you actively work to put your belief into action?

Like most beliefs, belief in yourself is pretty much useless unless it brings about action. You can believe in anything -- or you can believe in the old W. C. Fields quote: "Everyone should believe in something; I believe I'll have another drink." But until you believe in yourself, you are unlikely to ever act to make those beliefs come true.

A belief that has no back it up isn't worth a whole lot in today's society. You could believe, for example, that the world should be a honest place -- but if you cheat your buddy, your beliefs and your actions are at odds. You could believe that a neighborhood should be beautiful and well-kept, but if you believe that, you'd better make certain you don't have trash strewn around your yard. You could believe that people should all be treated fairly -- but if you yell at your spouse and kids, then what good are your beliefs?

You could believe you should be doing great things -- but if you don't actively work to achieve that greatness, even if you fail in the attempt, then what good are your beliefs?

It's this simple -- if you believe in yourself, you should put that belief into solid, positive action. Step up to the plate and take a swing at the ball (international readers may choose an appropriate non-baseball metaphor for their own experiences). Put your beliefs into action -- take a chance, make an effort.

If your beliefs are strong, you'll find it's easy to achieve.

Now, a word to those whose beliefs are a bit on the non-rock-solid side. If your belief in yourself looks more like a limp noodle than a rod of steel, I'm talking to you.

For you, action is the key to burying your doubt, once and forever. **PRETEND** you have the belief, and then take action. You will likely find your actions will make your belief in yourself strong and sure -- because you will be able to demonstrate to yourself that you're capable to accomplishing your dreams.

In either case, action is the key to making your belief in yourself into something worthwhile, strong, and life-changing.

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