

## It's really not hard to believe

Written by Deb Egenberger  
Friday, 15 March 2013 13:39 -

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Inside my front door and up a few steps on the left, a distressed metal word rests on top of the ledge.

The curvy red letters serve as a reminder as I come and go ... BELIEVE.

It's a common decoration, likely found in thousands of homes.

But how many times do we stop and think about what we believe?

Here is an entirely random list of what zoomed through my mind when I answered this question today:

I believe in the power of prayer, that we don't need a reason to help people and that it's always more fulfilling to work toward a cause than for applause.

I believe in doing the right thing, even if it's hard.

I believe that some bad decisions lead to great memories but you shouldn't do anything that wouldn't make your grandma proud.

I believe very few people in this world are gifted with the ability to fold a fitted sheet, clean a windshield without streaks or properly parallel park.

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I believe that “dry clean only” is a challenge, “slippery when wet” is a warning and “men at work” is a joke.

I believe it's essential to admit when you're wrong, that the most difficult person to forgive is yourself and that you should give people more than they expect, regularly.

I believe happiness is not based on possessions, power, prestige or money but on the relationships you have with the people you love and respect.

I believe it is possible to make one trip from the garage to the kitchen with every bag of groceries, no matter how full the trunk is.

I believe that being a good person is like being a goalie ... no matter how many goals you save, some people will remember only the one you missed.

I believe in ghosts, karma and that everything happens for a reason.

I believe age refers simply to years of life and that there is no specific number associated with “old enough to know better.”

I believe sometimes you have to be your own hero and that the loudest messages are often spoken in the silence of the heart.

I believe in gratitude, even for the little things, that it is necessary to make peace with your past before it screws up your future and that we create our own opportunities.

I believe we change for two reasons: We either learn enough that we want to or we've been hurt enough that we have to.

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And lastly, at least for today, I believe whole-heartedly in the words of Roald Dahl: "Those who don't believe in magic will never find it."