SOFTWARE & TECH

Do Hard Things Alex And Brett Harris

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Introduction: The Call to Rise Above Low Expectations

In a world that often expects little from young people, a powerful message emerged from two teenage brothers that continues to resonate with millions. **Do Hard Things by Alex and Brett Harris** is not just a book title—it is a rallying cry for a generation to reject the soft, comfort-driven culture and embrace meaningful challenges. Published when the twins were just 19 years old, this manifesto challenged the conventional wisdom that adolescence is a time for coasting, partying, and waiting for adulthood to begin. Instead, the Harris brothers argued that teenagers are capable of far more than society gives them credit for. This article explores the core message of **Do Hard Things Alex and Brett Harris**, why it matters today more than ever, and how you can apply its principles to your own life. Whether you are a teenager, a parent, an educator, or someone simply seeking a greater sense of purpose, the wisdom within these pages has the power to transform your perspective on what is possible.

Who Are Alex and Brett Harris?

Before diving into the core philosophy, it is essential to understand who these brothers are and why their voices carry weight. Alex and Brett Harris are twin brothers from Oregon, raised in a large Christian family. They were homeschooled and developed a deep passion for challenging the status quo. Rather than spending their teenage years passively, they became co-founders of The Rebelution, a movement aimed at encouraging young people to do hard things for the glory of God. Their message quickly gained traction through speaking engagements, a popular blog, and eventually their groundbreaking book, **Do Hard Things: A Teenage Rebellion Against Low Expectations**, published in 2008. The book became a national bestseller, appearing on the New York Times list and sparking conversations in churches, schools, and homes across the globe. The brothers themselves lived out their message: they campaigned for political candidates, traveled internationally to speak, and continued their education with discipline and purpose. Today, Alex is a law professor and author of several other books, while Brett is a pastor and writer. Their legacy, however, remains anchored in the timeless challenge they issued to their peers: stop settling for the cultural lie that being young means being irresponsible. Instead, **Do Hard Things Alex and Brett Harris**insist that true rebellion is not vandalism or laziness—it is using your youth for something noble and demanding.

The Core Message: Rebelling Against Low Expectations

At the heart of **Do Hard Things by Alex and Brett Harris** lies a simple but profound thesis: our culture has systematically lowered the bar for what is expected of teenagers. The brothers identify what they call the "myth of adolescence," a relatively modern idea that the teenage years are a time for indulgence, experimentation, and minimal responsibility. They argue that this myth is not only false but destructive, robbing young people of purpose and self-respect. Instead, they propose a "rebelution"—a rebellion against low expectations. This rebellion is not about breaking rules for the sake of anarchy; it is about breaking free from the prison of mediocrity. The book offers a practical roadmap for young people to engage in five kinds of hard things: things that are outside your comfort zone, things that go beyond what is expected, things that are too big for you to do alone, things that don't offer an immediate payoff, and things that challenge the cultural norm. Each category is designed to push individuals toward growth, resilience, and a deeper sense of accomplishment.

The Five Kinds of Hard Things

Understanding these five categories is essential for anyone looking to implement the message of **Do Hard Things Alex and Brett Harris**. Let us break them down in detail.

- Things that are outside your comfort zone: Growth rarely happens when you are comfortable. Doing hard things often begins with stepping into unfamiliar territory—whether that means public speaking, learning a new skill, or having a difficult conversation. The Harris brothers emphasize that discomfort is a sign of progress, not a reason to retreat.
- Things that go beyond what is expected: Average is the enemy of excellence. This category challenges you to exceed the minimum requirements. In school, at work, in relationships, or in your personal development, doing more than what is asked sets you apart and builds a reputation for reliability and initiative.
- Things that are too big for you to do alone: Some challenges require collaboration. The brothers urge young people to tackle projects that demand teamwork, leadership, and the ability to rally others toward a common goal. This teaches humility, delegation, and the power of collective effort.
- Things that don't offer an immediate payoff: We live in a culture of instant gratification. Doing hard things often means investing in long-term rewards—studying for a future career, saving money, or building character. The discipline to delay gratification is a hallmark of maturity and success.
- Things that challenge the cultural norm: This is where the "rebelution" aspect truly shines. It means refusing to accept the low standards that society imposes on young people. It means dressing modestly, speaking respectfully, and pursuing meaningful goals when your peers might be pursuing entertainment and escapism.

The Biblical and Philosophical Foundation

While **Do Hard Things by Alex and Brett Harris** is written from a distinctly Christian worldview, its principles have universal appeal. The brothers draw heavily on scripture, particularly the story of David and Goliath, to illustrate that young people are capable of extraordinary feats when they trust in something greater than themselves. They also reference historical figures like Anne Frank, Joan of Arc, and Isaac Newton—all of whom made significant contributions while still in their teens. The message is clear: the capacity for greatness is not determined by age but by character and willingness to act. The Harris brothers argue that the Bible repeatedly shows God using young people to accomplish monumental tasks. From Joseph interpreting dreams as a teenager to Jeremiah being called as a prophet in his youth, the pattern is consistent. This theological grounding gives the book a depth that resonates far beyond mere self-help. It is a call to stewardship of time, talent, and energy—to use what you have been given for a purpose larger than yourself.

Why the Message Matters Today More Than Ever

Since the publication of **Do Hard Things Alex and Brett Harris**, the cultural landscape has shifted dramatically. Social media, the rise of influencer culture, and the gig economy have created new pressures and new distractions. Young people today are often praised for minimal effort and rewarded for viral moments rather than for deep, sustained work. The pandemic also disrupted education, social development, and mental health for an entire generation. In this context, the message of doing hard things is not just relevant but urgent. The brothers' call to reject laziness, embrace challenge, and pursue excellence has become a lifeline for those who feel adrift. Moreover, the book has inspired countless spin-offs, study groups, and even a dedicated conference circuit. The Rebelution movement continues to host events and produce resources that help young people and their parents implement these ideas in practical ways. The enduring popularity of the book—translated into multiple languages and still selling steadily—is a testament to its timeless wisdom.

Addressing Common Criticisms

No book is without its critics, and **Do Hard Things by Alex and Brett Harris** has faced its share. Some argue that the message promotes an overly ambitious and stressful lifestyle for young people who are still developing emotionally. Others point out that the Harris brothers grew up in a relatively privileged, sheltered environment, which may not reflect the struggles of teenagers facing poverty, trauma, or systemic injustice. These are valid considerations. However, the core message of the book is not about piling on more pressure; it is about redirecting energy from trivial pursuits to meaningful ones. The Harris brothers have also addressed these concerns in subsequent writings, emphasizing that doing hard things does not mean ignoring mental health, rest, or the need for grace. Furthermore, the book encourages young people to seek guidance from parents, mentors, and community. It is not a call to isolation or burnout. When applied with wisdom, the principle of doing hard things can actually reduce anxiety by providing a sense of purpose and agency—two things that are powerful antidotes to despair.

Practical Steps for Implementing the Message

Understanding the philosophy of **Do Hard Things Alex and Brett Harris** is one thing; living it out is another. Here is a practical guide for anyone who wants to start applying these principles today.

1. Start small: You do not need to solve world hunger tomorrow. Pick one area of your life where you have been coasting. Maybe it is your schoolwork, your fitness, or your relationships. Commit to doing one extra thing beyond the minimum for one week. Track your progress and notice how it feels.
2. Find a partner: Doing hard things is easier with support. Find a friend, sibling, or mentor who shares your desire to grow. Hold each other accountable, celebrate wins, and encourage each other through setbacks.
3. Identify a "Goliath": What is the biggest challenge you are facing right now? Name it. Write it down. Then break it into small, actionable steps. The key is to stop being paralyzed by the size of the problem and start taking small, consistent actions.
4. Embrace failure as a teacher: The Harris brothers are clear that doing hard things will involve failure. That is part of the process. The goal is not to be perfect but to be persistent. Learn from your mistakes, adjust your approach, and keep going.
5. Celebrate progress, not just results: In a results-driven world, it is easy to focus only on outcomes. But the journey of doing hard things is where character is built. Acknowledge the effort, the courage, and the discipline you are developing, even if the final outcome is not what you hoped.

For Parents and Educators

If you are a parent or educator reading this, you play a crucial role in the **Do Hard Things Alex and Brett Harris** movement. The Harris brothers dedicated their book in part to parents who refused to buy into low expectations for their children. You can support the young people in your life by giving them opportunities to take on responsibility, even when it is messy. Resist the urge to rescue them from every difficulty. Instead, coach them through challenges, celebrate their efforts, and hold them to high standards without being harsh. Create a culture in your home or classroom where striving for excellence is normal and where mistakes are viewed as learning opportunities rather than failures. When young people feel trusted and supported, they are far more likely to rise to the occasion.

Legacy and Continued Relevance

What is the legacy of **Do Hard Things by Alex and Brett Harris**? More than a decade after its release, the book continues to inspire new readers. It has been adapted into a curriculum used in schools and youth groups. The

Rebelution website still receives traffic from young people searching for purpose. The phrase "do hard things" has entered the lexicon of motivational speaking and Christian youth culture. While Alex and Brett have moved on to other pursuits, the message they launched as teenagers has taken on a life of its own. It has spawned a generation of young leaders who refuse to wait until adulthood to make a difference. It has also prompted important conversations about what we expect from young people and whether our current systems are helping or hindering their development.

Conclusion: Your Rebellion Starts Now

The message of **Do Hard Things Alex and Brett Harris** is ultimately a call to action. It is an invitation to reject the low expectations that society, peers, and even you yourself may have accepted. It is a challenge to believe that you are capable of far more than you think. Whether you are 15 or 50, the principles in this book can transform your approach to life. The hard things you face are not obstacles to avoid; they are opportunities to grow, to serve, and to discover what you are truly made of. The world does not need more people who settle for comfort and convenience. It needs rebels—people who are willing to do the hard things that lead to real change. That rebellion starts with a single decision. Will you make it? The journey will not be easy, but as Alex and Brett Harris have shown us, it is the only path to a life of meaning and impact. So take a step today. Do something hard. And watch how it changes everything.

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