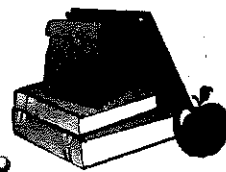


Enthusiasm



What Is Enthusiasm?

Enthusiasm is being inspired – full of spirit. It is being cheerful and happy. It is doing something wholeheartedly, with zeal and eagerness – giving 100% to what you do. Being enthusiastic is being excited about something, looking forward to it. It comes from having a positive attitude.



Why Practice It?

Everything becomes boring to a person without enthusiasm. A person without enthusiasm becomes boring, too. Enthusiasm is catching. When you are enthusiastic, other people like to be around you. Enthusiasm makes life more enjoyable.



How Do You Practice It?

Enthusiasm is a positive attitude. When you enjoy whatever you are doing, even the duller job can be fun. Use your imagination to find ways to enjoy what you are doing. Take time for simple pleasures and enjoy the wonders of life. Show enthusiasm to others by celebrating with them when something wonderful happens. Your enthusiasm shines through your smile.

What would Enthusiasm look like if...

- You particularly like a dish your mother or father cooks?
- You like a new song a friend played for you?
- Your brother did well in a sport?
- You are bored and tired of sitting around at home?
- You look outside one night and see the stars?
- You have a big chore to do for your family?

Signs of Success

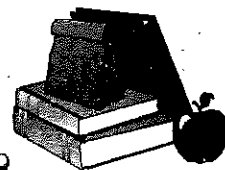
Congratulations! You are practicing Enthusiasm when you...

- Let yourself enjoy looking forward to something
- Think of imaginative ways to get things done
- Do things wholeheartedly
- Smile, laugh and enjoy what you do
- Enjoy the wonders of life
- Are full of positive spirit

Affirmation

*I am full of enthusiasm. I look on the bright side.
I give 100% to whatever I do. I use my imagination.
I am open to the wonders in store for me today.*

Activities with Enthusiasm



Activities with Enthusiasm

- Do a game such as musical chairs, once without enthusiasm, once with. Then talk about how it felt different each time.
- Take a simple object, like an apple or a chair and describe it twice: First, as if it is the most boring thing in the world and second, as if it is the most delightful, wonderful thing.



Virtues Reflection Questions

- How do people without enthusiasm look, sound, act? (Their faces, their movements, their voices)
- What do enthusiastic people look like?
- What activity do you do with enthusiasm?
- What are you enthusiastic about for the future?
- What kinds of work or careers require enthusiasm?
- What difference can enthusiasm make if you have a boring job to do?
- What helps you get back to enthusiasm when you are bored or sad?



Drawing Enthusiasm

Draw something you are really looking forward to doing when you are older.
Draw a picture of a bored, boring person and a cheerful, enthusiastic person.



Poster Points

- Wow!
- That's great!
- Full of spirit.
- Simple Pleasures.
- What a great day!
- Life is fun.



Quotable Quotes

"Enthusiasm, n. 1. a. Rapturous interest or excitement. b. Ardent fondness. 2. Something that inspires a lively interest. [Greek enthousiazein, to be inspired by God]."
The American Heritage Dictionary

"When an optimist gets the worst of it, he makes the best of it." Anonymous

"Life is fun." Benjamin Hoff

"To be successful, the first thing to do is fall in love with your work." Sister Mary Laurretta

"It don't mean a thing if it ain't got that swing." Duke Ellington and Irving Mills

"Man is just about as happy as he makes up his mind to be." Abraham Lincoln

"All that we need to make us really happy is something to be enthusiastic about."
Charles Kingsley