

16 Ways to Put More Enthusiasm in Your Work and Life

By John Wood



To begin with. . . .

- **To become more enthusiastic, act more enthusiastic**
 - Frank Bettger's number one enthusiasm rule.
 - Bettger used to challenge people to put this rule into action for 30 days, telling them that if they did, it could easily revolutionize their life.
- Bettger says to stand up each morning and say the following:
 - *"Force yourself to act enthusiastic, and you'll become more enthusiastic."*
- American businessman Edward B. Butler (1853-1928):
 - *"Every man is enthusiastic at times. One man has enthusiasm for 30 minutes – another for 30 days, but it is the man who has it for 30 years that makes a success out of his life."*

Definition, Organization, Strength

- **Define your goals and what you need to do to achieve them**
 - "If you don't know where you are going, you will probably end up somewhere else." - Lawrence J. Peter, author of The Peter Principle
- **Get organized**
 - Get a system together that will squeeze the most productivity out of each day and stick to it. Don't procrastinate or get distracted. Keep focused on the task at hand.
- **Draw strength from the positive**
 - Remember the times in your life when you were enthusiastic. Feed off those positive feelings. Learn from the times you failed, but focus and draw inspiration from your successes.

Aha!, Focus, Gratefulness

- Look for "Aha!" moments
- **Don't dwell on the negative**
 - Don't think about past mistakes. Put them out of your mind. Banish them to the basement. And stop worrying about things you can't change.
- **Make a list of the things in life you are grateful for**
 - Most of us have a lot in life to be grateful for. It's important to remind ourselves of this every so often. Get a blank piece of paper and a pen and start compiling a list of everything in life you're grateful for: your spouse, family, friends, skills and knowledge, hobbies, health, achievements, and so on. Whenever you need a boost, take this out and remind yourself of all the good things you have in your life.

Happiness, Perspective, Identification

- **Make a list of things that make you happy**
 - Make another list consisting of things that make you happy. List all the events and activities you do that bring you pleasure.
- **Don't try to solve the entire world's problems at once**
 - It can feel quite overwhelming if you look to where you want to be in life and where you are now – along with all the things you have to do to fill the gap.
 - It's important to remind yourself that “life is a marathon, not a sprint.”
- **Identify what's holding you back and find a solution**
 - For instance, if you are overweight, get a plan together to shed those extra pounds. If you're petrified of speaking in front of a crowd of people, enroll in a public speaking course.

Flock Selection, Kindness, Role Models

- **Surround yourself with enthusiastic people**
 - Enthusiasm really is contagious. When you feed off other people's energy, great things will happen. On the flipside, get rid of the negative people in your life that zap your energy. If you can't convince them to be enthusiastic, avoid them.
- **Perform random acts of kindness**
 - As Jesus says, "It is more blessed to give than to receive." The one thing the world can always use more of is kindness. Always be on the lookout to help someone in need.
- **Derive strength from your role models**
 - Choose someone in your life whose success you want to mirror.

"If you want to be successful, find someone who has achieved the results you want and copy what they do and you'll achieve the same results." - Anthony Robbins

Selective Listening, Energize, Choices

- **Don't listen to the naysayers**
 - Don't listen to the people who criticize you without being constructive or always seem to discourage you.
- **Get your energy level up**
 - It's easier to be enthusiastic if you have lots of energy and feel good about yourself physically. Eating the right foods and exercising regularly will ensure you have energy to spare at the end of every day.
- **Remember, it's you who chooses how you view the world**
 - You determine your destiny.

Enthusiastically looking ahead. . .

“You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. With it, there is accomplishment. Without it there are only alibis.” - Henry Ford

“If you give your son or daughter only one gift, let it be – enthusiasm.” - Bruce Barton

Enthusiastically looking ahead. . .

Think about a time that something negative occurred in your work?

- How did you manage it?
- How did you go through the process of determining how you would do things differently next time?
- How did you go about keeping your enthusiasm up?